

GUIDELINES FOR SURGICAL PATIENTS



Mount Sinai
MEDICAL CENTER

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GUIDELINES FOR SURGICAL PATIENTS

We are pleased that you and your physician have selected our team at **Mount Sinai Medical Center** to provide your surgical care. Everyone associated with the hospital is dedicated to providing you with excellent care without exception. Enclosed are instructions regarding your surgery.

NOTE: If your doctor gives you specific instructions differing from these, please follow your doctor's instructions.

Please review the material and if you have any questions, contact the Pre Surgical Testing Unit at Mount Sinai Medical Center 305-695-7650.

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For information on patients' rights and responsibilities and advanced directives, please go to <http://www.floridahealthfinder.gov>

BEFORE SURGERY

GENERAL GUIDELINES

- If you develop a cold, sore throat, fever or any other illness prior to your procedure date, notify your surgeon immediately.
- Same day surgery patients need to arrange for a responsible adult, age 18 years old or older, to accompany you home and stay with you a minimum of six hours once you arrive home. If this has not been arranged it may result in possible cancellation of your surgery.
- If you have young children, please make arrangements for their care while you are at the hospital.
- Plan to bring your glasses, hearing aids, dentures or other assistive devices with you if you rely on them. Once you go into surgery, these devices will be removed and then given to your family.
- If you use assistive devices to walk like crutches, walker, or wheelchair also bring them with you, because the hospital may not be able to provide them to you.

MEDICATIONS AND SUPPLEMENTS

- **Medications:** Be prepared to provide the pre-testing or admission nurse with a list of medications you take frequently including the dose and the time you took them last.
- **Blood thinners:** Medications such as Coumadin, Heparin, Aspirin, Plavix, non-steroidal anti-inflammatory drugs (NSAIDs), and other blood thinners affect the body's blood clotting capabilities. These medications are usually stopped 3-7 days prior to surgery. Please contact your physician regarding a stop date for these medications and contact Pre Surgical Testing at 305-695-7650 with the date.
- **Diabetics:** It is recommended that **you do not take** your medicines for diabetes the day of surgery unless otherwise instructed by your physician. You should contact your doctor for instructions on how to manage your diabetes for surgery.
- **Inhalers:** you may use your inhaler the morning of surgery and please bring it with you on the day of surgery.
- **Vitamins and Supplements:** Due to interactions with anesthesia, the anesthesiologist requests you STOP all herbal, supplements and vitamins 7 days prior to your surgery.

If you are unsure of what medication to take the morning of surgery, contact your physician or Pre Surgical Testing Unit (305-695-7650) at Mount Sinai Medical Center prior to the day of surgery.

DAY BEFORE SURGERY

- The day before your surgery **you may eat a normal breakfast, lunch, and dinner** and drink plenty of fluids (6-8 glasses of water or juice), unless you are on a fluid restriction or your surgeon has specified otherwise.
- **Do not eat or drink anything past 12 midnight on the date of surgery, unless your surgeon provides you with other instructions.**
- Do not drink alcoholic beverages or smoke for 24 hours prior to your procedure.
- Perform thorough oral hygiene by brushing teeth with a new tooth brush (if possible) and rinsing with an antibacterial mouth rinse both the night before and the morning of surgery. **Some surgeons may advise or order a dental cleaning a few days prior to the procedure.**
- Remove all jewelry, make up and body piercings prior to arrival at the hospital and leave all valuables at home.
- In an attempt to prevent infection, shower the night before and the morning of surgery. Please follow the showering instructions.

SHOWERING INSTRUCTIONS

Important: If you are allergic to Hibiclens (Chlorhexidine Gluconate) do not use this product. Instead, shower with an antibacterial soap such as Dial.

Depending on the procedure you are scheduled to have your surgeon may instruct you to shower with Hibiclens antiseptic soap twice, using half a bottle of soap for each cleansing, the night before surgery or procedure and the morning before surgery or procedure. Please do not shave or wax hair, and/or use under arm deodorant.

GATHER THE SUPPLIES

- Hibiclens 8 oz. bottle (purchased at the grocery store, drug store or Pharmacy Express at MSMC without a prescription)
- Clean wash cloth and towel
- Clean pajamas or clothes

PREPARING FOR A SHOWER

- Consider washing your hair using regular shampoo the night before. Make sure to completely rinse the shampoo from the hair and body.
- Shower entire body from head to feet using regular soap.
- Apply several ounces of Hibiclens to a clean wet wash cloth. Lather the entire body from the neck down. Never use Hibiclens near the eyes, on the face or directly on delicate/private areas of the body. Move away from the water spray or turn off the water to avoid rinsing the Hibiclens. Wash the body applying very light friction. Avoid scrubbing too hard. Be sure to wash any crevices or skin folds carefully. Focus on the areas where the incision will be located. Wash the forearm, chest and neck areas where an IV may be placed. Total wash time should be about 3 minutes.

- Once you have completed the washing, rinse the Hibiclens off the body.
- Do not wash with regular soap after you have used the Hibiclens.
- Dry off with a clean towel and dress in freshly laundered pajamas or clothes.
- Do not apply any powders, deodorants or lotions.

Note: If your doctor gives you specific instructions differing from these, please follow your doctor's instructions. Caution should be exercised to avoid Hibiclens contact with your eyes, inside your ears, and mucous membranes. Therefore, use regular soap and water to wash your face and genital area.

DAY OF SURGERY

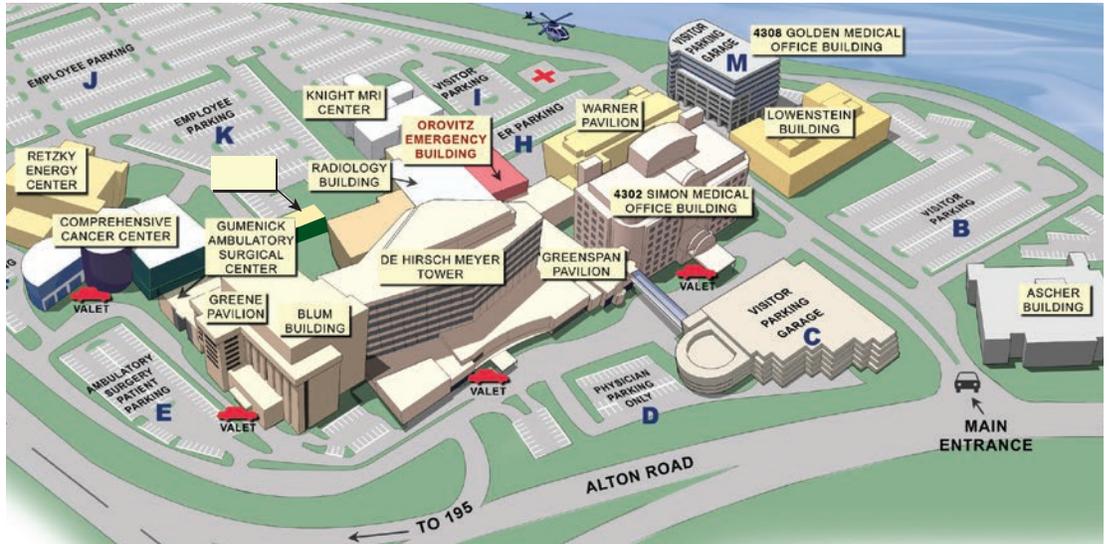
- Do not eat or drink after midnight the night prior to of surgery unless otherwise instructed by your physician or the nurse from Mount Sinai Medical Center. This includes hard candy, gum, mints or sips of water, unless otherwise instructed. Brush your teeth, but please swish and spit out the water, do not swallow.
- Do not bring any valuables with you to the hospital, including credit cards, money in excess of \$20.00 or large bags or purses.
- Bring your Medicare, all applicable insurance cards and a government issued photo ID with you.
- Bring the medications you are taking to the hospital in their original container on the day of surgery for the nurse to review them upon admission.
- Do not wear contact lenses. If you wear eyeglasses remember to bring a case to store them in while you are in surgery.
- If you use partial dentures or dentures, or any removable dental appliances, we will provide you with denture cup to store them.
- Wear loose fitting clothes and low-heeled shoes.
- Bring reading materials or music to help pass the time. Wi-Fi is available in the hospital.
- Be sure to give any personal items to family or friends to hold while you are in surgery.
- If you are staying overnight may bring a bag of items you may need for your hospital stay such as toiletry items, slippers, robe and a change of clothes for your discharge. Do not bring large bags. Your family will be given your belongings when you leave the pre-op area to bring to you when post-op room is assigned.
- If you do not have a family member accompanying you or another adult that can carry your belongings, we will arrange for a security officer to inventory your belongings, have you sign an inventory form, and then at this point he or she will take your belongings to a safe location.

AT THE HOSPITAL

- Once you arrive to the hospital at the scheduled time, go to:

The Welcome Center in the Greenspan Pavilion to register if your procedure is scheduled in Main OR.

The Gumenick Ambulatory reception area if your procedure is scheduled at the ambulatory center



- If you become lost or have any questions on how to get to the correct location, please call hospital operator at 305-674-2121
- You are scheduled to arrive up to 2 hours prior to surgery to allow time for the nurse to perform an assessment, prepare all required paperwork and to complete any lab tests if necessary.
- One family member or friend may accompany you during the admission process. In order to respect the privacy and needs of our patients the number of visitors at any one time is limited to one. Thank you in advance for your understanding and cooperation.
- In the pre surgical area, you will meet your anesthesiologist and speak with your surgeon prior to your procedure. This gives you time to ask questions and address any concerns you may have prior to surgery. You may consider bringing a piece of paper with a list of questions that you want to ask the anesthesiologist and/or surgeon.

RECOVERY AND WHAT TO EXPECT AFTER SURGERY

Once surgery has been completed, you will be transferred to the recovery room, also known as the post anesthesia care unit (PACU). Clinical staff will monitor you closely as you recover from anesthesia. The length of time spent in recovery depends on the type of anesthesia and the individual patient.

After the recovery room, you will return to the Admission and Discharge Unit or will be admitted to the hospital as ordered by your surgeon. Your family will be notified of your location and they will be able to join you in either of these places. Your post procedure instructions regarding dressing care, diet, and medications will be reviewed by your nurse at the time of discharge.

PAIN MANAGEMENT

Pain is a common experience after surgery and it is our goal at Mount Sinai Medical Center to make you as comfortable as possible to aid in your recovery. Pain management is important because it allows you to be comfortable during your healing process, get rest, and with less pain you are able to move more easily and return to your normal level of activity faster. After your procedure, clinical staff will ask you to use a numeric pain intensity scale to rate your pain by asking “If 0 is no pain and 10 is the worst possible pain, please give me a number that indicates the amount of pain you are having now.” Please take a moment to familiarize yourself with this scale so we are able to communicate effectively and manage your pain post procedure.

Wong-Baker FACES® Pain Rating Scale



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PATIENT ROLE IN PREVENTION OF SURGICAL INFECTION AFTER SURGERY

Good hand washing is the best defense in preventing infection!

- After your surgery, make sure everyone on your health care team cleans their hands with soap and water or hand rub before taking care of you.
- Ask family and friends who visit you to not touch the surgical wound or bandages. Instruct them to clean their hands thoroughly before and after visiting you.
- Ask your doctor to explain why you are continuing to receive antibiotics if you are still receiving them for more than 24 hours after your surgery.
- Learn about taking care of the incision site and know who to contact if you have questions or problems before leaving the hospital.
- Always clean your hands before and after caring for the incision site at home.
- Call your doctor immediately if you have any signs of infection such as redness or increased pain at the surgical site, drainage, body aches or fever.

Remember—If you do not see your visitors or members of your health care team clean their hands, please ask them to do so!

HOSPITAL AND SATELLITE LOCATIONS

Mount Sinai Medical Center

4300 Alton Road
Miami Beach, Florida 33140

Mount Sinai Aventura

2845 Aventura Boulevard
Aventura, Florida 33180

Mount Sinai Primary & Specialty Care Key Biscayne

200 Crandon Boulevard, Suite 300
Key Biscayne, Florida 33149

Mount Sinai Hialeah Heart Institute

2150 West 68th Street
Hialeah, Florida 33016

Mount Sinai Coral Gables Heart Outpatient Center

3200 Ponce de Leon Boulevard
Coral Gables, Florida 33134

Mount Sinai Primary & Specialty Care Coral Gables

836 Ponce de Leon Boulevard, Suite 200
Coral Gables, Florida 33134

Mount Sinai Primary & Specialty Care Sunny Isles Beach

323 Sunny Isles Boulevard, Suite 602
Sunny Isles Beach, FL 33160

Mount Sinai Cardiology of the Florida Keys

3401 Northside Drive
Key West, FL 33040

