

WELCOME TO

Surgical Services at Methodist

DATE & TIME OF SURGERY

ARRIVAL TIME FOR SURGERY

REPORT TO:

Methodist Hospital Registration Desk

8303 Dodge Street, North Lobby

Valet parking is available.*

Methodist Hospital Outpatient Surgery Center

8303 Dodge Street,

Next to Methodist Estabrook Cancer Center

Valet parking is available.*

Methodist HealthWest Outpatient Surgery

16120 West Dodge Road, North Entrance

Methodist Women's Hospital Registration Desk

707 N. 190th Plaza, Main Entrance

Valet parking is available.*

*For after-hours parking assistance, ask for Security.



METHODIST

The meaning of care.SM

Questions? Call (402) 354-5100 or (800) 787-4470

MONDAY-FRIDAY 7:30 a.m. - 6 p.m.

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For more information about surgery at Methodist, visit www.bestcare.org/surgery.

WHAT WILL THIS SURGERY COST?

We can estimate the expected cost of your surgery, what insurance will cover and what you will be expected to pay. You may receive a call from a Methodist Hospital patient financial counselor before your surgery to provide a cost estimate, explain payment options, and check eligibility for financial assistance.

To receive an estimate before surgery, you will need:

- The procedure description from your doctor's office.
- Your insurance card.

For an estimate or more information, visit www.bestcare.org/CarePricer or call (402) 354-2456.

WELCOME & OVERVIEW

Thank you for choosing Methodist. We want to make your stay with us a comfortable and positive experience.

We encourage you to take an informed and active role in your care. This booklet is a general outline of what you can expect and how to prepare for your surgical stay and return home.

BEFORE YOUR STAY

- **Learn why you are having surgery and what you need to do before and after surgery.**
Talk with your doctor and other members of your care team about your specific health condition, surgical procedure, discharge plans and importance of the care and activities prescribed for you.
- **Have your health information ready for the pre-surgery phone call from an Access Center nurse.**
The list of information you will need is on pages 4-6 of this booklet.
- **Know when and where to report for surgery.**
If you are uncertain, call our Access Center at (402) 354-5100 or (800) 787-4470.
- **Get a special infection-fighting soap made with CHG. Use this soap to shower the night before and morning of surgery.**
Pick up free CHG soap at Methodist Health System locations on the back cover, or purchase it at a local pharmacy. Follow the directions for use on pages 8-9.
- **Follow NPO (nothing by mouth) instructions.**
Do exactly what your doctor tells you about eating, drinking or smoking before surgery.
- **Call your doctor if you catch a cold, flu or other illness before surgery.**
If you feel ill, do not report for surgery without first checking with your doctor.

WELCOME & OVERVIEW

DURING YOUR STAY

- **Walk and do breathing, leg and foot exercises to prevent blood clots.**
We will show you how to do these.
- **Tell us about any pain.**
You are the expert on your pain, and we want you to be comfortable.
- **Ask questions at any time.**
We will be glad to explain.

BEFORE YOUR STAY Working With the Access Center Nurse

Use the space below to write down important information. Have this ready when a nurse calls you before your surgery. The Access Center will need your primary care doctor, emergency contact names and phone numbers, and whether you have an advance directive.

ALLERGIES

Be sure to tell your doctor or nurse if you have a latex allergy.

MY CURRENT MEDICATIONS

(including herbals and over-the-counter medications)

Please check with your doctor if you take blood thinners (such as Coumadin), aspirin products or diet medication. Your doctor will tell you if and when you must stop taking any of your medications before surgery.

NAME	DOSAGE	FREQUENCY & SCHEDULE (A.M. / P.M.)	STOP DATE (BEFORE SURGERY)

MEDICAL CONDITIONS:

PAST SURGERIES AND PROCEDURES *(include years)*:

PRE-OP APPOINTMENT *(Date/Time)*: _____

ARRIVAL TIME: _____

ARRIVAL TIME CHANGED TO: _____

FOOD AND DRINK

- NPO (nothing by mouth) after midnight
- NPO after (write time): _____
- Clear liquids until: _____

NPO

NPO means “nothing by mouth.” Do not eat or drink anything after midnight unless directed otherwise by your doctor, Access Center nurse or anesthesiologist. This also means no water, gum, breath mints or medication. You may brush your teeth and rinse your mouth with water, but do not swallow.

BEFORE YOUR STAY Shower at Home with CHG Soap

Use CHG Soap Twice to Prevent Infection.

Your doctor wants you to shower twice before surgery with a special infection-fighting soap. This soap contains chlorhexidine gluconate, or CHG, to kill germs. Brand names of CHG soaps include Dyna-Hex, Betasept and Hibiclens.

Where to Get CHG (4-ounce bottle)

- Pick up free CHG soap at any of the Methodist Health System locations on the back cover.
- If you prefer, you may buy CHG soap at a local pharmacy.

Preparing to Use CHG

- If possible, plan to take a shower, not a tub bath.
- Plan to have someone help you wash any hard-to-reach areas of your body.
- DO NOT SHAVE any body hair in the area where you will have surgery for 48 hours before your surgery.

Use CHG the Night Before Surgery

- Wet your entire body and hair with warm water.
- Unless you are having head or neck surgery*, shampoo your hair with your own shampoo.
- Wash your entire body from the neck down with half of the 4-ounce bottle of CHG soap. It will not lather like regular soap.
- Completely rinse CHG off your body. If you get CHG in your ears, eyes, nose or mouth, rinse right away with lots of water.
- After showering, do not use any lotions, powders or perfumes. Deodorant is OK unless you are having surgery close to your armpit.

Use CHG the Morning of Surgery

- Repeat the steps from the night before.

CHG Allergy Warning

Do not use CHG if you are allergic to it. If you have itching, redness and irritation, stop using CHG and call your doctor. If you have a severe, life-threatening reaction, call 911.

*IF YOU ARE HAVING HEAD OR NECK SURGERY

USE CHG THE NIGHT BEFORE SURGERY

- ▶ If possible, protect your ears with cotton balls or ear plugs.
- ▶ Wet your entire body and hair with warm water.
- ▶ Shampoo your hair with one-fourth of a 4-ounce bottle of CHG. Try not to get CHG in your ears, eyes, nose or mouth. If you do, rinse right away with lots of water.
- ▶ Wash your entire body from the neck down with one-fourth of the bottle of CHG. It will not lather like regular soap.
- ▶ Completely rinse CHG off your body.
- ▶ After showering, do not use any lotions, powders or perfumes. Deodorant is OK unless you are having surgery close to your armpit.

USE CHG THE MORNING OF SURGERY

- ▶ Repeat the steps from the night before.

BEFORE YOUR STAY

What to Bring

DO BRING:

- Photo ID
- Your insurance information
- List of medicines you take
- Your eye drops, inhalers
- Eyeglasses
- Contact lenses with case
- Hearing aids
- Dentures
- Personal care items
- Appropriate clothing
- Walking shoes
- Crutches or walker, marked with your name

DO NOT BRING:

- Valuables
- Tobacco products

Please note that tobacco products cannot be used on Methodist's campuses, including outside locations and parking lots.

DO NOT WEAR TO THE HOSPITAL:

- Body piercings
- Makeup
- Wedding ring if having surgery on that hand, arm or shoulder.
- Nail polish if having surgery on that hand or foot.

IF STAYING OVERNIGHT, ALSO BRING:

If possible, please leave your overnight bag in the car until you are in your room after surgery.

- Sleep apnea machine, if used
- Pajamas, robe, slippers
- Toothbrush, toothpaste
- Hairbrush and/or comb

DURING YOUR STAY

Reporting for Surgery

On the morning of your surgery, report directly to the facility where you will have surgery.

REPORT FOR SURGERY

- **Check in and receive your wristband.**

You will check in and receive a personalized, bar-coded wristband that you will wear during your stay. Staff will check this wristband before doing tests, giving medicines or taking you to other areas of the hospital.

- **Sign surgery consent form.**

The forms you sign include your consent for the surgeon to perform the operation. If you are a minor (under 19 years of age), a parent or guardian must sign the form and be present at the hospital during your surgery.

- **Family will go to the waiting area.**

Family members are welcome to wait in the surgery waiting area or in a hospital cafeteria. Preparation for surgery takes about two hours.

DURING YOUR STAY

Your Surgical Journey

You will receive the care you need before, during and after surgery at specialized units within our facilities.

BEFORE SURGERY: PREOPERATIVE HOLDING

You will be taken to this quiet area where nurses will care for you until surgery. You will be given an IV (intravenous solution) of medicines and fluids through a needle in your arm or hand. You may become sleepy and your mouth may feel dry. For your safety, we want you to lie down and keep your bed's side rails up to prevent falls or injuries.

SURGERY: OPERATING ROOM (OR)

Your surgery will take place in a cool and brightly lit operating room, where the staff will be dressed in scrub clothes, caps and masks.

AFTER SURGERY: RECOVERY ROOM

After surgery, you will be taken to the recovery room and closely monitored. You may receive oxygen, and blankets are available for your comfort. Nurses will ask questions to see how awake and alert you are. They will ask about your pain level.

IN CASE OF DOCTOR-ORDERED OVERNIGHT STAY

If your doctor feels that you should stay overnight after an outpatient surgery, you will probably be moved to another unit at that facility.

- **Methodist Outpatient Surgery Center**
Patients who must stay overnight are typically moved to the Observation Unit at Methodist Hospital.
- **Methodist HealthWest**
Patients who must stay overnight are typically moved to the nearby Short Stay Unit, also on the ground floor inside the north entrance of Methodist HealthWest.
- **Methodist Women's Hospital**
Patients who must stay overnight are typically moved to a private room on one of the inpatient units.

HIGHEST LEVEL OF RECOVERY CARE: CRITICAL CARE/ICU

If your doctor feels that it is necessary, you may be taken to Critical Care, also called the Intensive Care Unit or ICU. Here, specially trained staff can provide more intensive monitoring of your condition.

REAL-TIME SURGICAL UPDATES ON FAMILYVUE

The FamilyVue tracking system at Methodist Hospital and Methodist Women's Hospital makes it easy for loved ones to follow your progress through surgery. Monitor screens show the actual times you move through preoperative holding, surgery and recovery. A code name is used to protect your privacy.

FAMILYVUE SCREEN LOCATIONS AT METHODIST HOSPITAL:

- ▶ Inpatient and outpatient surgery waiting areas
- ▶ Cyber Joe's Internet Café (1st floor)
- ▶ Cafeteria (2nd floor)

FAMILYVUE SCREEN LOCATIONS AT METHODIST WOMEN'S HOSPITAL:

- ▶ Cafeteria (1st floor)
- ▶ Surgery waiting area (2nd floor)

DURING YOUR STAY

Pain Control After Surgery

FLUIDS

Your doctor will decide when and what type of fluids you may have after surgery. Because fluids are very important to your recovery, nurses will monitor your fluid intake and urine output until your doctor says this is no longer needed.

RECOVERY

Your appetite and activity level will increase slowly after surgery. If you have staples, stitches or drains, your doctor will determine when it is time for their removal.

PAIN CONTROL AFTER SURGERY

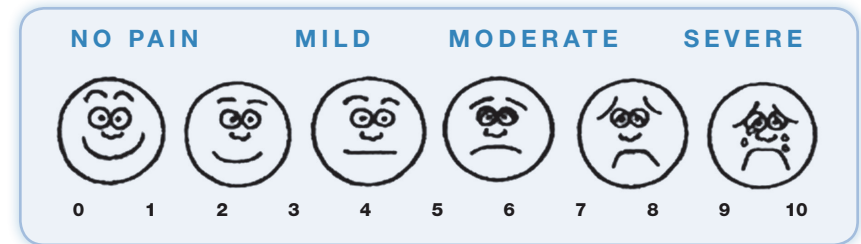
You are the expert on your pain and comfort level. Please tell us about your pain so we can help control it.

- Some pain after surgery is expected, but pain should not keep you from doing self-care activities.
- Treatment may include pain medicine, heat or cold therapy, music, massage, relaxation and spiritual support.
- At first, we may awaken you to give medicine to control your pain before it becomes severe. As you heal, you can take pain medicine as needed.

PAIN SCALE

We will ask you to rate your pain on a regular basis using a scale from zero to ten. We want to control your pain so you can:

- Cough and breathe deeply.
- Walk and move around.
- Be comfortable.
- Heal faster.



Patient-controlled analgesia (PCA) allows patients to receive pain medicine as they need it through a programmed pump. The pump is set up so you are not given too much medicine. Only the patient should push the button that gives the medicine.

DURING YOUR STAY

Prevent Blood Clots

Surgery increases your risk of developing blood clots, a very serious complication. We will teach you several exercises to help prevent blood clots.

WALKING

- Walking is the most important thing you can do to help prevent blood clots from forming.
- Walk as soon as possible after surgery and try to walk farther each day.
- The staff will help you get out of bed, walk to the bathroom and walk in the halls.
- Walking is easier with your body upright, abdomen supported and a strong arm to lean on.

WOUND-SPLINTING

- Wound-splinting means firmly holding a hand or pillow against your incision.
- Do wound-splinting during your deep-breathing and coughing exercises.

DEEP BREATHING

1. Inhale as deeply as possible.
2. Hold your breath for a second or two.
3. Exhale all breath out of your lungs.
4. Repeat several times.

COUGHING

1. Inhale deeply.
2. Hold for a second.
3. Cough deeply from your abdomen using your stomach muscles.

LEGS

1. Bend the knee on each leg by sliding your foot back along the bed.
2. Stretch out each leg completely.
3. Relax.

FEET

1. Push the toes of both feet toward the foot of the bed.
2. Pull toes toward your chin.
3. Relax both feet.
4. Circle both ankles — first to the right, then to the left.

LEARN MORE ABOUT CLOT PREVENTION

Ask your nurse for an educational handout, ask how to access the special programming available on your hospital room TV, or visit www.dvt.net.

DURING YOUR STAY

Going Home

Hospital stays have become shorter through advances in medical treatment and technology. Patients usually finish recovering in the comfort of their own homes.

READINESS FOR DISCHARGE

To see if you are medically ready for discharge, your doctor will check for the following:

- Stable blood pressure, temperature and heart rate.
- No bleeding.
- Pain is controlled or manageable.
- Passing urine, or a catheter is in place.
- Passing gas or stool.
- Eating food and drinking fluids.
- Moving about safely, with or without a walker or other assistive device.

DISCHARGE INSTRUCTIONS

Your care team will give you and your family specific home care instructions about medicines, incision care, food and drink, medical equipment, activity and follow-up doctor visits. Please ask if you have questions about your care.

DISCHARGE CHECKLIST

Be sure to discuss discharge plans with your care team.

- Have you arranged for transportation from the hospital?
- Do you have your personal belongings, including any valuables stored in a hospital safe?
- Have the medicines you brought with you to the hospital been returned to you?
- Have you received any new prescriptions?

- Do you understand how to take your new medicines?
- Do you know when you need to see your doctor after discharge?
- If you need help with your care at home, have arrangements been made?
- Any other questions for your care team?

DISCHARGE TO ANOTHER FACILITY

Sometimes patients are medically ready to leave the hospital, but not ready to recover at home or live on their own. If this is the case, your doctor may recommend an extended care facility or other type of care. One of our social workers can provide a list of agencies and assist you and your family with arrangements.

FOR ASSISTANCE

Whether you are going home or to another facility, the nurse or social worker can help answer your questions about discharge. Resources include:

- **Methodist Hospital Social Services: (402) 354-2346**
For help with discharge transportation, home health care, insurance and community resources.
- **Methodist Home Health & Hospice: (402) 354-3200**
Providing home health care, home infusion, hospice and comfort care services to patients in eastern Nebraska and southwest Iowa.

ADDITIONAL RESOURCES

PASTORAL SERVICES/CHAPEL

Pastoral Services staff members are available 24/7. They can provide visitation, prayer, spiritual encouragement and information about living wills and advance directives.

TO REQUEST PASTORAL SERVICES

Methodist Hospital

- Dial “0” on a house phone or ask your nurse to request Pastoral Services.
- The chapel is on the 1st floor off the south lobby, behind Cyber Joe’s Internet Café.

Methodist Women’s Hospital

- Dial “0#” on a house phone or ask your nurse to request Pastoral Services.
- The chapel is on the 1st floor, down the hall and left of the Baright Gift Shop.

Methodist HealthWest

- Ask your nurse to request Pastoral Services.

FAMILY RESOURCE CENTER

Health-related information is available to patients, family members and visitors.

METHODIST HOSPITAL

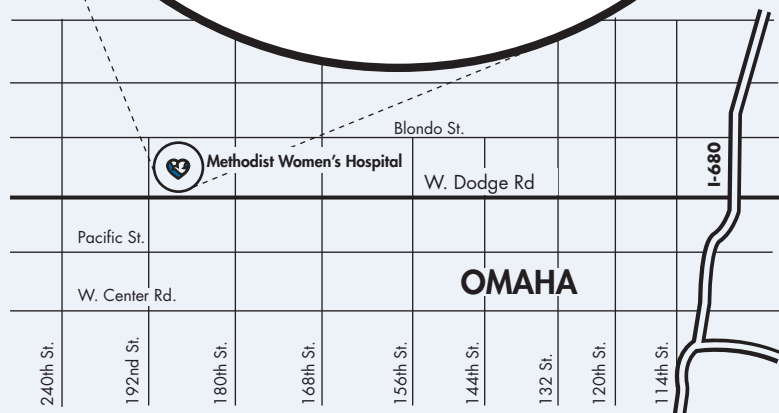
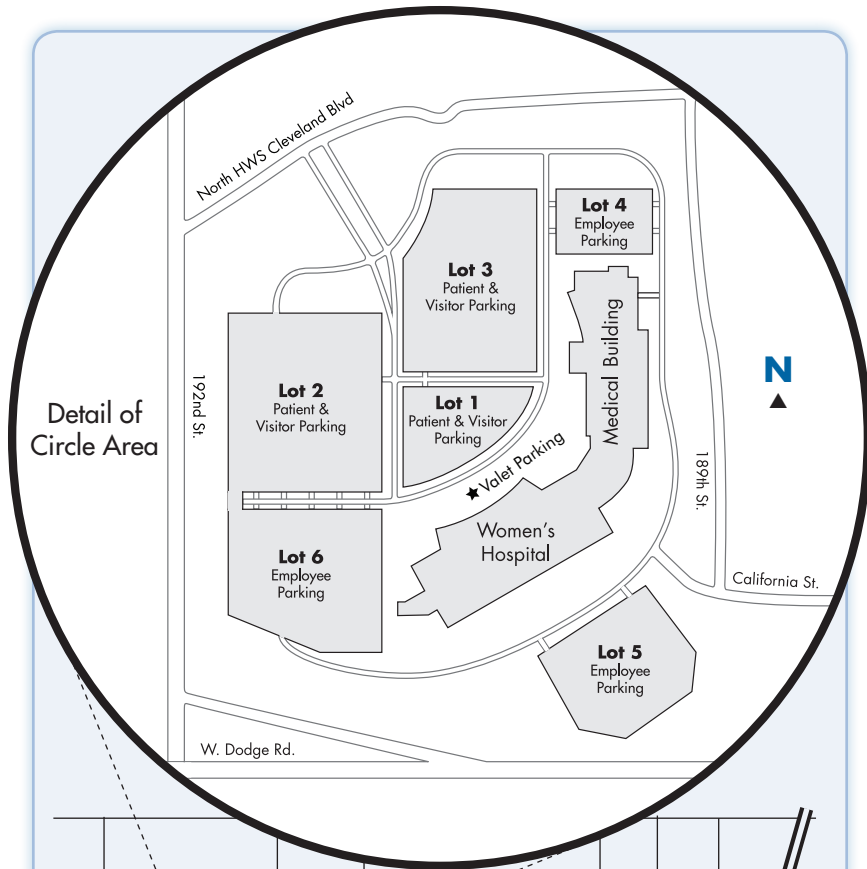
- The Family Resource Center is in the 1st floor lobby of the north tower next to the Gift Shop.
- Open Monday – Friday, 8 a.m. – 5 p.m.
- For more information, call (402) 354-4301.

METHODIST WOMEN’S HOSPITAL

- The McGowan Family Resource Center is on the 1st floor, next to the Baright Gift Shop.

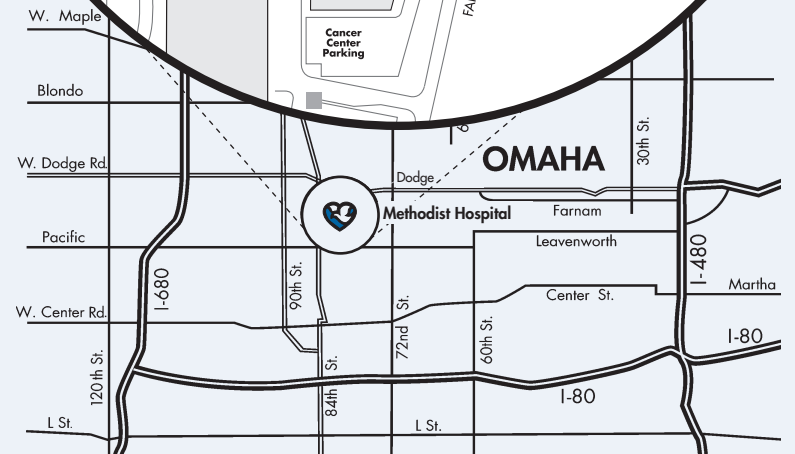
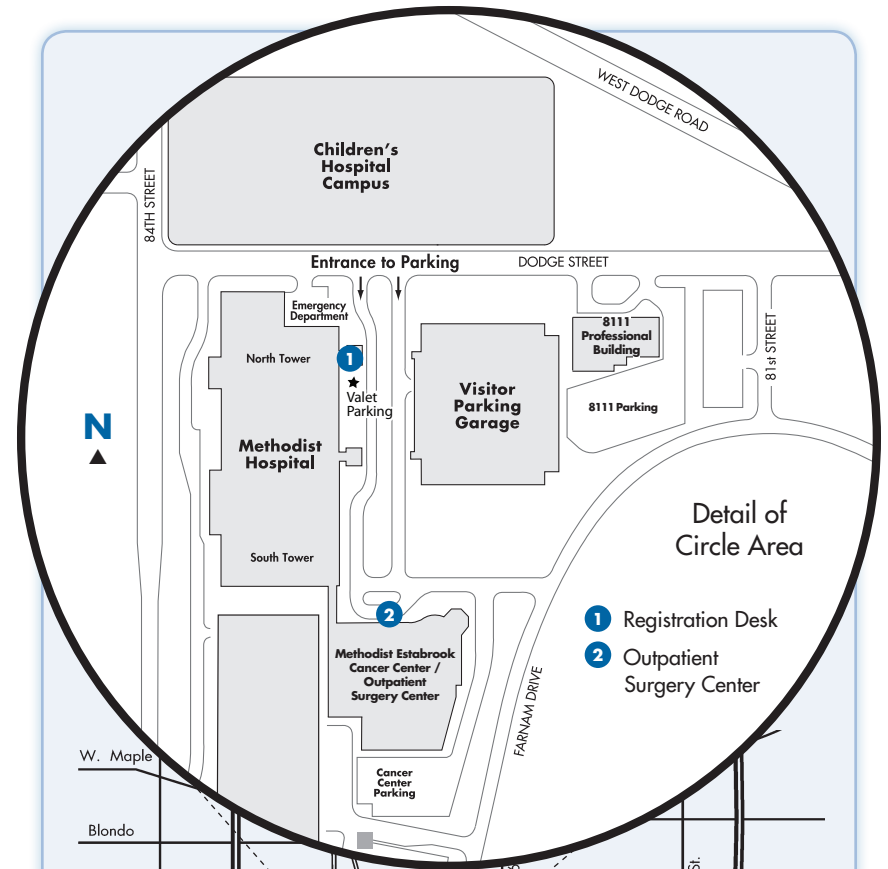
For more information about our facilities and the services available to you during your stay, visit www.bestcare.org/surgery.

METHODIST WOMEN'S HOSPITAL MAP & PARKING



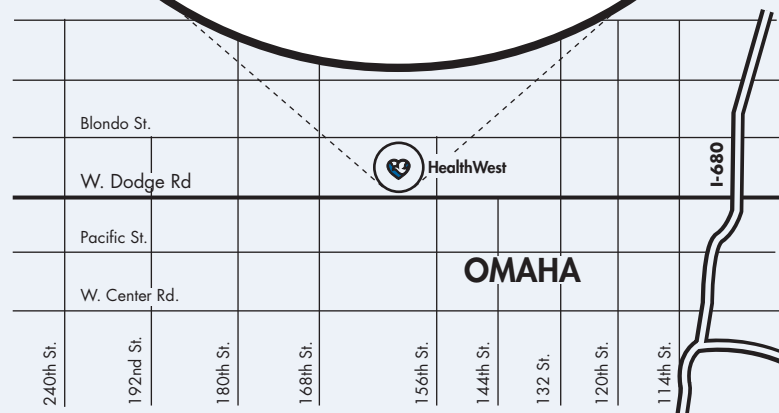
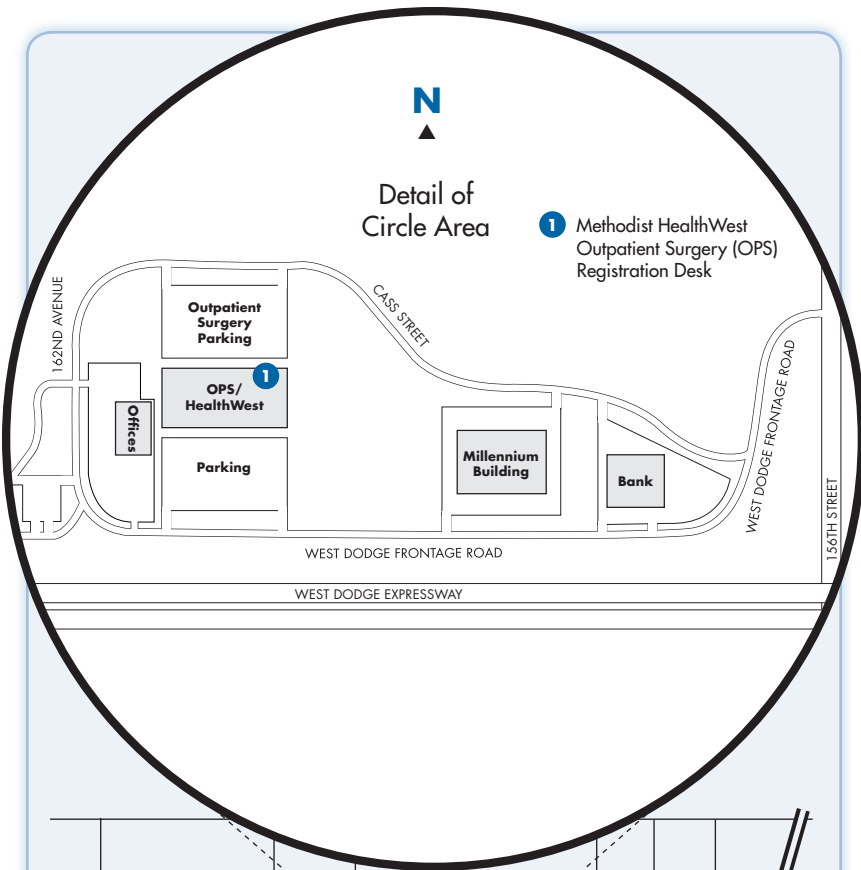
Methodist Women's Hospital • 707 North 190th Plaza
Omaha, NE 68022 • (402) 815-4000

METHODIST HOSPITAL MAP & PARKING



Methodist Hospital • 8303 Dodge St., Omaha, NE 68114 • (402) 354-4000

METHODIST HEALTHWEST MAP & PARKING



HealthWest • 16120 West Dodge Road, Omaha, NE 68118 • (402) 354-0502

**Before surgery, pick up infection-fighting
CHG soap at any of these locations:**

Methodist Hospital, Omaha, NE
8303 Dodge Street
(402) 354-4000

Family Resource Center: 1st Floor, North Lobby
Information Desks: 1st Floor, North & South Lobbies

Methodist Outpatient Surgery Center
Just south of Methodist Hospital, next to
Methodist Estabrook Cancer Center
(402) 354-4200
Outpatient Surgery Desk

Methodist HealthWest – North Entrance
16120 West Dodge Road, Omaha, NE
(402) 354-0502
Registration Desk

Methodist Women’s Hospital
707 N. 190th Plaza, Omaha, NE
(402) 815-4000
Information Desk

For more information, call
(402) 354-5100
or visit www.bestcare.org/surgery.


METHODIST
The meaning of care.™