

# Welcome to Bronson Outpatient Surgery Center on Walnut Street



Thank you for choosing Bronson Outpatient Surgery Center for your surgery. This booklet will help you and your family know what to do before surgery. It will also help you take care of yourself after surgery. “It’s OK to Ask” questions and share your concerns. Together we will strive for the best results!

## Three Key Questions

1. What is your main problem?
  - You are having surgery. You need to know what to do to prepare for your surgery and recovery.

This booklet is available online at [bronsonhealth.com/your surgery](http://bronsonhealth.com/your-surgery) in English and *Español*.

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2. What do you need to do?

- Read this booklet. Follow the instructions. There is information for before and after your surgery. Fill in the blanks. Bring this booklet with you to your appointments.

3. Why is it important for you to do this?

- There are certain directions you need to follow before and after your surgery. These will ensure your safety, avoid cancellation, prevent infection, and help you heal. We want to partner with you to have the best experience possible. Our “It’s OK to Ask” program means we want you to ask questions and be involved in your care.

### Bronson Frequently Called Numbers

|                                   |                |
|-----------------------------------|----------------|
| Bronson Outpatient Surgery Center | (269) 343-1381 |
| Bronson Main Phone                | (269) 341-7654 |
| Preadmission Nurse (Walnut St.)   | (269) 488-5554 |
| Registration                      | (269) 341-6600 |
| Outpatient Testing                | (269) 341-8450 |
| Pharmacy                          | (269) 341-6990 |
| HealthAnswers                     | (269) 341-7723 |
| Patient Accounting                | (269) 341-6120 |

### Before Surgery Patient Checklist



Use this checklist to mark off each step. Fill in the blanks to make sure you know the plan for your surgery. “It’s OK to Ask” questions. We want to partner with you to provide the best care possible.

- You and your doctor decide surgery is the best option for you.
- Your surgeon’s office will tell you the date and time of your surgery.  
Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM / PM

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- Write down the medicine you take, how much, and when. Use the medication record on the last page. Include vitamins, over-the-counter medicine, and herbal supplements.
- You will review your health history and medications with a Bronson preadmission nurse. The nurse will call you and give you specific instructions about your surgery. Share your health history, allergies, past surgeries, and medications. The nurse will tell you if you need more tests. The call will last about 20 minutes. There is always time for questions. If you do not hear from a Bronson preadmission nurse one week before your surgery, call your preadmission nurse. **We may cancel your surgery if we do not have your medical history.**
- You will receive a call from Bronson Registration. If you have insurance, share your policy information. We will discuss your co-pays, deductibles and other out-of-pocket costs. Bronson bills most insurance companies. Call your insurance company about pre-authorization or pre-certification requirements several days before your surgery. Call Bronson HealthAnswers at (269) 341-7723 for questions about the cost of your surgery.
- Decide who will drive you home on the day of your surgery. You also need an adult to stay with you for 24 hours after you leave. The drugs or anesthesia you will get make it unsafe for you to drive a car for 24 hours or to return home alone.

\_\_\_\_\_  
Name of Friend or Family Member

\_\_\_\_\_  
Friend or Family Member's Phone Number

*(Note: For children, one parent or guardian must stay in the surgery waiting room at all times. It is best for two adults to come with a child having surgery.)*



- Make plans for when you return home. For example, get help preparing meals. Ask someone to help with daily chores. Have someone available to run errands.

**Take Notes During Your Call With Your Bronson Preadmission Nurse:**

When is my surgery? \_\_\_\_\_ What time should I be there? \_\_\_\_\_

Where do I report? \_\_\_\_\_

Are there medications I need to stop? \_\_\_\_\_

Are there any medications **I MUST** take the morning of surgery (take with small sip of water)?

\_\_\_\_\_  
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What testing do I need? \_\_\_\_\_

Where? \_\_\_\_\_ When? \_\_\_\_\_

Are there any special preparations I need to do? \_\_\_\_\_

When do I stop eating and drinking? \_\_\_\_\_

What should I bring to the surgery center? \_\_\_\_\_

## One Day Before Surgery

- No food or drink after midnight the night before surgery. This means no gum, candy, cough drops, or chewing tobacco. If your stomach is not empty, you may vomit when we put in the breathing tube. The vomit could get in your lungs. This may cause pneumonia or death.
- No smoking 24 hours before surgery. Smoking makes it harder for you to heal.
- Call your doctor if you have a sore throat, fever or cold. We may need to reschedule your surgery.
- Sleep in fresh, clean sheets.
- Do not sleep with your pet.
- If you have questions or concerns, please call your surgeon's office or Bronson's preadmission nurse.
- Take a shower the night before surgery. **Do NOT** shave the area of your surgery. This helps prevent infection. If you are an adult who is having surgery below your neck, follow the Shower Directions below using the chlorhexidine gluconate (CHG) soap. **Children should not use CHG soap.**



## Shower Instructions

Adult patients who are having surgery below the neck should use chlorhexidine gluconate (CHG) soap. You can buy CHG soap at most local pharmacies and at Bronson Outpatient Pharmacy. **Please note:** *Children and adult patients who are having surgery above the neck should not use CHG soap. If you are allergic to chlorhexidine or if you cannot buy CHG soap, you may shower with an antibacterial soap.*

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1. Shower the night before your surgery and again just before you come to the surgery center, **unless your surgeon has instructed you otherwise.**
2. **Do NOT** shave the area of your surgery.
3. With each shower, wash your hair as usual with your normal shampoo.
4. Use CHG soap if you are an adult patient having surgery below the neck.
5. If you are using the CHG soap, apply it to your body from the neck down. **Do NOT** use CHG soap near your eyes, ears or genitals to avoid injury to those areas. Turn off the water and wash gently for two minutes, using about two ounces of CHG soap for your entire body.
6. Rinse well.
7. Dry with a fresh, clean, dry towel.
8. **Do NOT** use lotion, powder, perfume or aftershave.
9. Put on fresh, clean clothes.

## **Day of Surgery**

1. Take another shower. **Do NOT** shave the area of your surgery. This helps prevent infection. If you are an adult who is having surgery below your neck, follow the Shower Directions in the section above using the CHG soap. *Children should not use the CHG soap.*
2. Brush your teeth or dentures. **Do NOT** swallow any water.
3. **Do NOT** eat or drink after midnight before your surgery.
4. Take medicine with a small sip of water if you were told to.
5. **Do NOT** wear makeup or nail polish.
6. Wear comfortable, loose-fitting clothes.
7. Jewelry, money and valuables must be left at home. Jewelry cannot be worn during your procedure.

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8. Plan to leave with plenty of time to get to the surgery center on time.

**What to Bring**

- This booklet
- Photo ID
- Insurance card
- Prescription card
- Eyeglass, contact and/or denture case
- Medication list (see page 14 of this book)
- Other, proof of guardianship, advanced directives, medical records, X-rays, lab reports, or other items you were asked to bring):

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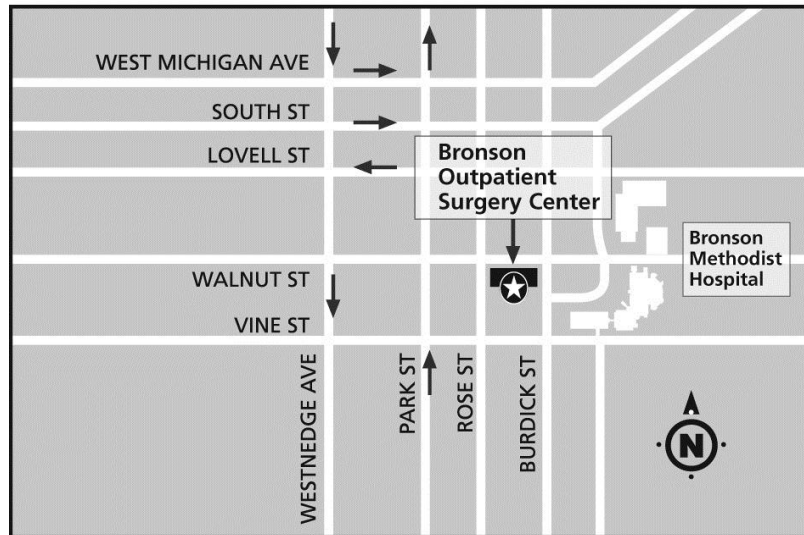
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## Directions to Bronson Outpatient Surgery Center



### From the EAST (Battle Creek, Detroit) via I-94

Take I-94 west to the Kalamazoo exit #78 (Portage Road). Merge on to Kilgore Street. Turn right (north) on to Portage Street. Follow Portage Street to Walnut Street. Turn left (west) on to Walnut Street. Follow Walnut Street to the Bronson Outpatient Surgery Center.

### From the East (Richland) via M-43

Take M-43 west, which becomes Gull Road. Follow Gull Road to Riverview Drive and turn left. Keep right as Riverview becomes Kalamazoo Ave. Follow Kalamazoo Ave. several blocks, moving into the far left lane. At Rose Street, turn left (south). Follow Rose Street to Walnut Street. Turn left (east) on Walnut St.

### From the NORTH (Plainwell, Grand Rapids) or SOUTH (Schoolcraft, Three Rivers) via US-131

Take US 131 to the M-43 East (West Main Street) exit #38. Follow the directions from West (South Haven).

**From the WEST (South Haven) via M-43 Follow M-43 east**, which turns into West Main Street and then Michigan Avenue at the intersection of Stadium Drive. Stay on Michigan Avenue three blocks farther, to Rose Street. Turn right (south) on Rose. Follow Rose Street to Walnut Street. Turn left (east) on to Walnut Street. Follow Walnut Street to the Bronson Outpatient Surgery Center.

### From the WEST (Chicago, Paw Paw) via I-94

Take I-94 east to the Westnedge Avenue North exit #76. Follow Westnedge north through five lights. At the top of the hill, Westnedge splits and becomes Park Street (one-way street). Follow Park Street to Walnut Street. Turn right (east) on Walnut Street. Follow one block to Bronson Outpatient Surgery Center.

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## Your Surgery Experience at Bronson Outpatient Surgery Center



### Before Surgery

- You, your family member, friend or visitor will get a business card with information. The information on the card allows the cardholder to track your progress through surgery. The front desk staff will explain how to use the information on the card.
- You may receive a packet of information. Please look it over while waiting.
- A staff member will call you when it is time for you to come back to the pre-op room. This is where you will change into a patient gown. You may also sign consent forms.
- The family member may wait in the waiting room while the patient is getting ready.
- Once you are prepared for surgery, your family or friend may join you in the pre-op room until it is time for your surgery.
- You will be asked your name, date of birth, type of surgery, and name of surgeon many times. This is for your safety. We want to make sure we have the right patient for the right procedure.
- The nurse will go over your medication list and ask when you took each medication last.
- A nurse will start your IV. You may receive antibiotics, nausea or pain medicine before the surgery. We may also check your blood sugar, even if you do not have diabetes.
- A nurse will talk with you about questions or concerns you have before surgery. Please let us know if you have questions for your surgeon.
- If your surgery requires anesthesia, you will meet the anesthesiologist before your surgery. The anesthesiologist will talk with you and answer any questions you may have about anesthesia.

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## During Surgery

Friends and family are encouraged to ask the person at the desk for more frequent updates. We will tell your family if your surgery is delayed or your recovery takes longer than expected. It is best to have one person present in the waiting area at all times. If your family member or friend needs to step away, please ask them to tell the person at the desk. We want to make sure your family member or friend may be reached quickly if needed.

## After Surgery



After your surgery, the doctor will talk with the family and friends who came with you about your surgery. You will go to the Post Anesthesia Care Unit (PACU) to recover. We will closely monitor you until you wake up. When you are ready, we will ask your family to join you.

## Control Your Pain

You will have some pain after surgery. We will do everything we can to help reduce your pain to a comfortable level. Here are some tips:

- Tell your nurse if you are in pain.
- The nurse will ask you to rate your pain on a scale of 0-10. Zero is no pain and 10 is the most intense pain.
- Ask for pain medicine before your level of pain gets too bad.
- Take the pain pills your doctor ordered for you.

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## Going Home Same Day

- We will continue to check on you and ask how you feel.
- You will be offered a light snack.
- The nurse will go over what you and your family member should do to care for you at home.
- The nurse will prepare you to go home.
- Please make sure there is someone to drive you home.
- There may be other patients in this area. We ask that only one or two people visit at a time.
  - Parents or a legal guardian must stay in the facility with their child.
  - Family members, friends and visitors must be 12 years old or older.
  - Family and friends must stay within the patient's curtained area and speak quietly.
  - Please use your cellular phone in the foyer or outside. Other people are trying to heal and need silence.

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## Take Care of Yourself at Home



### Prevent Infection

- Wash your hands before eating and after you use the bathroom.
- Ask family, friends and visitors to wash their hands.
- Avoid touching your incision or bandage.
- Ask people not to visit if they are sick.
- Take antibiotics if your doctor orders them.

### Prevent Breathing Problems

Follow these tips to help prevent pneumonia:

- Get out of bed and move about as soon as possible after surgery.
- Be active as soon as possible after surgery.
- Changing your position helps you breathe deeper. This prevents breathing problems and improves the blood flow in your legs.
- Your doctor will tell you how much you can do.
- Do not smoke. This slows the healing process.
- Get out of bed at least three to four times a day. Call for help if needed.

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## **Reduce the Chance for Blood Clots**

Keep the blood moving in your legs.

- Get out of bed and move about as soon as possible after surgery. Call for help if needed.
- Do ankle exercises three to five times every one to two hours after surgery:
  1. Lie on your back with legs straight and flat.
  2. Move your ankles by pointing your toes toward the foot of the bed and then point your toes towards your knee.
  3. Trace circles in the air with each foot.
- You may have elastic stockings (TED hose) or inflatable wraps placed on your legs to help your circulation. They will be given to you when you arrive for surgery.

## **Prevent falls**

- Always ask for help before getting out of bed.
- Wear socks or slippers with rubber soles.
- Keep your call light close by to use when you need help.

## **Leaving Bronson Outpatient Surgery Center**

Your doctor will decide when you can go home. We will give you instructions for after surgery, a list of current medicines, and your doctor's phone number. We will also give you information on what to look for and when to seek medical care if your recovery is not going as planned. "It's OK to Ask" questions.

## **Billing/Payment**

- Call Bronson Patient Accounting at (269) 341-6120 for questions about your Bronson bill. You may also discuss payment options.
- Call Kalamazoo Anesthesiology, PC at (269) 345-8618 for questions about your anesthesia bill. This is mailed in addition to Bronson's bill.

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# Medication Record

Date: \_\_\_\_\_



Name: \_\_\_\_\_

Use this chart to list all of the medications you are currently taking, both prescription and over-the-counter. Bronson's preadmission nurse will review this list with you during your phone consultation before surgery. Please bring the list with you on the day of surgery. You may find it helpful to keep this list updated and with you at all times.

| Medication | Dosage | Reason | A.M. | Lunch | P.M. | Bedtime |
|------------|--------|--------|------|-------|------|---------|
|            |        |        |      |       |      |         |
|            |        |        |      |       |      |         |
|            |        |        |      |       |      |         |
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|            |        |        |      |       |      |         |

For questions about your medications, please call your doctor or pharmacist.

Allergies: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

