



Your Surgery at Bronson Battle Creek Hospital

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Thank you for choosing Bronson Battle Creek Hospital 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.
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. We want you to ask questions and be involved in your care.

Bronson Battle Creek Hospital Frequently Called Numbers

Bronson Battle Creek Hospital Main Phone	(269) 245-8000
Preadmission Nurse	(269) 245-5909
Pre-op Surgery	(269) 245-8100
Pre-registration	(269) 245-8499
Bronson Outpatient Pharmacy – Battle Creek	(269) 245-8646
Please note: If you are calling within Bronson Battle Creek Hospital only dial 5 + the last four numbers of the phone number.	

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 Okay 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 anticipated start time of your surgery.

Date: _____ Time: _____ a.m. / p.m.

- Write down the medicine you take, how much and when. Use the medication record on page 17 and have it with you when the pre-admission nurse calls. Include vitamins, over-the-counter medicine and herbal supplements.**
- You will be receiving a phone call from a preadmission screening nurse. Share your health history, allergies, past surgeries and medications. The nurse will give you specific instructions about your surgery. Your phone call will last about 20 minutes. There is always time for questions.
- If you are having joint surgery, the Orthopaedic Renewal Center will call you and have you attend joint class before your surgery.
- If you miss your phone call, please call your preadmission nurse at 269-245-5909. We may cancel your surgery if we do not have your medical history and tests.

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)?

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 hospital? _____

- You will receive a call from Bronson Battle Creek Preregistration to talk about your insurance coverage. You will need to call your insurance company about pre-authorization or pre-certification before your surgery. Get your diagnosis and procedure number from your doctor before you call the insurance company. If you have insurance, share your policy information. We will discuss what your insurance may pay and what you may have to pay. Bronson bills most insurance companies. You are free to call us anytime at (269) 245-8499 to ask questions.
- Decide who will pick you up from the hospital. If you are going home the same day as your surgery or procedure, someone needs to drive you home. 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. A taxi or a courtesy driver cannot be this person.

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.

One Day Before Surgery

- No food after midnight the night before surgery. This means no gum, candy or cough drops.
- Clear liquids (*Only water, apple juice, sodas, broth, Gatorade[®], Kool-aid[®]*) are allowed up to four (4) hours before your surgery start time. Four hours before your surgery start time, do not drink any liquids at all unless instructed otherwise by the preadmission nurse. If your stomach is not empty, you may vomit when we put in the breathing tube. The vomit could get in your lungs and cause pneumonia or other life threatening concerns.
- Infants six (6) months and younger may have breast milk or formula up to four (4) hours prior to surgery start time and clear liquids (*water, apple juice, Pedialyte[®]*) up to two (2) hours prior to surgery start time.
- Try to stop smoking one (1) week before your surgery. ***No smoking 24 hours before surgery, this includes e-cigarettes.*** Smoking makes it harder for you to heal.
- No chewing tobacco after midnight the night before surgery.
- Stop taking herbal supplements (including diet pills) two (2) weeks before your surgery.
- Call your doctor if you have a sore throat, fever, cold, productive cough, rash or scratches at the surgical site. 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 the Bronson Battle Creek Hospital 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 on page five of this booklet using the chlorhexidine gluconate (CHG) soap. ***Children should not use CHG soap.*** Children can be washed with antibacterial soap (such as Dial[®]).

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 – Battle Creek.

Please note: *Children should never use CHG soap. 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 (such as Dial®).*

1. Shower the night before your surgery and again just before you come to the hospital.
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 instructions on page five using the CHG soap. *Children should not use the CHG soap.*
2. Brush your teeth or dentures. **Do NOT** swallow any water.
3. Take medicine with a small sip of water if you were told to.
4. **Do NOT** wear makeup or nail polish.

(**Note:** Eye makeup and mascara can cause damage to your eyes during surgery).
5. Wear comfortable, loose-fitting clothes. Children should wear pajamas.

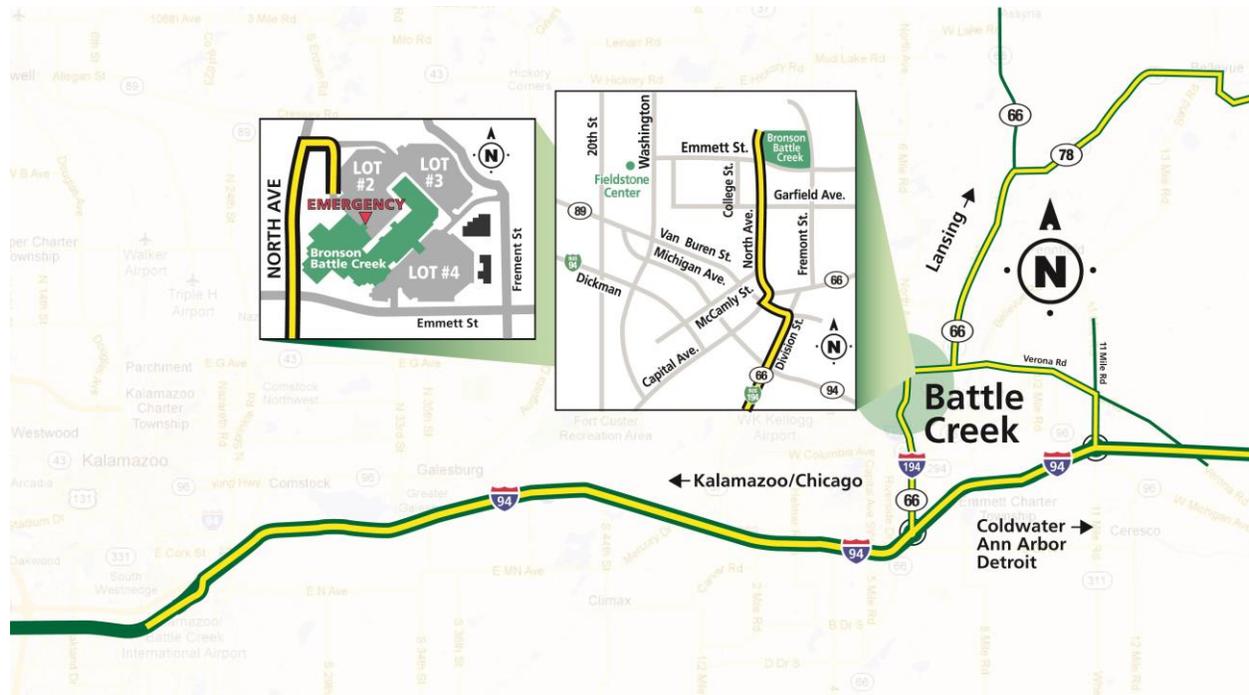
6. Leave money, jewelry and valuables at home.

(**Note:** Wearing jewelry or a body piercing during surgery puts you at risk for burns, infection and injury.)
7. Children should bring a favorite toy or stuffed animal.
8. Please be available prior to surgery. We may need to call you about a change in your surgery time.
9. Plan to leave with plenty of time to get to the hospital on time.

What to Bring

- This booklet***
- Photo ID
- Insurance card
- Prescription card
- Eyeglass, contact, hearing aid and denture case(s)
- Medication record (see page 17 of this book)
- Continuous positive airway pressure (CPAP) machine if you use one.
- Copies of durable power of attorney, legal guardianship papers, advance directives, medical records, X-rays, lab reports and any other items you were asked to bring

Directions to Bronson Battle Creek Hospital



From the EAST (Ann Arbor, Detroit) via I-94

Take I-94 west to exit 104 for 11 Mile Rd. Turn right onto 11 Mile Rd/Wheatfield Rd. Then left onto Verona Rd and continue to E Emmett Street to Bronson Battle Creek Hospital campus.

From the NORTH (Lansing) via I-69

Head southwest on I-69. Take exit 48 for M-78 toward Bellevue. Turn right onto M-78 W/Butterfield Hwy. Turn left onto M-78 W/W Capital Ave. Continue onto M-66 S/9 Mile Rd/Capital Ave. NE. Turn right onto E Emmett St to Bronson Battle Creek Hospital campus.

From the WEST (Kalamazoo/Chicago) via I-94

Take I-94 east to exit 98B to merge onto M-66 N toward I-194 N/Downtown/Battle Creek. Turn left onto Michigan Ave E. Take the first right onto Capital Ave NE and continue onto North Ave./6 Mile Rd. Turn right onto E Emmett Ave to Bronson Battle Creek Hospital campus.

From the SOUTH (Coldwater) or via I-69

Head North on I-69 and take exit 38 to merge onto I-94 West. Take exit 104 for 11 Mile Rd. Turn right onto 11 Mile Rd/Wheatfield Rd. Turn left onto Verona Rd and continue onto E Emmett St. to Bronson Battle Creek Hospital campus.

Surgery Department



Parking

- Look for the blue lot #2 banners - this is by the hospital main entrance and emergency entrance.

Finding Surgery

- Enter through the hospital main entrance. Wheelchairs are available at the entrance.
- Enter the surgery waiting room located at the end of the hallway.

Your Surgery Experience at the Hospital



Before Surgery

- When you arrive please go to the surgery waiting room and check in with the clerk at the desk.
- Once you are signed in, you, your family member, friend or visitor will get a surgical services welcome tracking number. This number helps track your progress on the electronic tracking board through each part of your surgery. To assure privacy, each patient is assigned a number that appears on the tracking board. No names are used.
- You may receive printed information to review while you are waiting.
- A staff member will escort you to the pre-op room. At this time your family member, friend or visitor will remain in the waiting room.
- You will be asked to sign consent forms.
- Once in the pre-op area you will change into a patient gown. The nurse may have you follow a special wash to prevent infection. You will have an IV started. You may have inflatable wraps put on your legs. Your surgical area will be prepared.
- You will be asked your name, date of birth, type of surgery and name of your surgeon many times prior to the start of your surgery. This is for your safety. We want to make sure we have the right patient for the right procedure.
- You may receive antibiotics, nausea or pain medicine before 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. Your surgeon will come see you and address any other questions before your surgery.
- 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.

- Once you are prepared for surgery, your family member, friend or visitor may join you in the pre-op room until it is time for surgery.
- As surgery procedure times are often difficult to accurately predict, you may have to wait a short time before your surgery. If you have any questions or concerns, please ask your nurse.

During Surgery

A nurse who is a member of the surgical team will take you to the operating room. A nurse will also escort your family member, friend or visitor back to the waiting room.

The nurse will introduce you to the surgical team where you will be asked your name, date of birth, type of surgery and name of surgeon prior to the start of your surgery. This is for your safety. We want to make sure we have the right patient for the right procedure.

The surgical team includes:

- The surgeon who leads your team.
- The certified nurse anesthetist or anesthesiologist who monitors your vital signs and administers anesthesia during surgery.
- The nurse who acts as your advocate at all times during surgery, makes preparations for the surgery, records the progress of the operation, accounts for the instruments, handles specimens and continually monitors you and the surgical team during the course of your surgery.
- The nurse or technician who assists the surgeon and handles instruments during an operation.
- The first assistant who is specially trained to directly assist the surgeon.

The nurse will provide updates to your family at key points in your care. 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 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. We encourage them to ask questions.

- You will go to the Post Anesthesia Care Unit (PACU) to recover. Your family will be notified via the tracking board.
- Your family will stay in the waiting room until you are moved to post-op or your inpatient room.
- The nurse in the PACU will closely monitor you until you wake up. You will be very sleepy at first.
- The nurse will give you medicine as needed for pain or nausea.
- We may test your blood sugar even if you do not have diabetes. A healthy blood sugar level helps your body to recover faster and fight infection better.
- The nurse will provide updates to your family.

Going Home on the Same Day

- When you are ready, the PACU nurse will take you to the post-op area.
- Your family will join you in the post-op area.
- There may be other patients in this area. We ask that only two people visit at a time.
- Parents or guardians need to stay with their child.
- It is encouraged that family members, friends and visitors be 12 years old or older.
- Family and friends must stay within the patient's area and speak quietly.
- Please use cellular phones in the hallway outside of the waiting area. Others are trying to heal and need quiet.
- We will continue to check on you and ask how you feel.

- You will be offered a drink and a light snack.
- You will be assisted by your nurse to walk.
- The nurse will prepare you to go home.
- The nurse will go over what you and your family member should do to care for you at home. If you have any questions, please ask.
- The nurse will confirm that there is someone to drive you home.
- Bronson Battle Creek Hospital has a pharmacy. You may fill your prescription before you leave. If your physician gives you prescriptions before the day of surgery have these filled before your surgery.

Staying the Night

- If you need to stay the night at the hospital, once you are comfortable, the nurse will prepare you to go to your hospital bed.
- The PACU nurse or a transporter will take you to your hospital room.
- Your family will be notified by the staff person at the desk in the waiting room what room you will be taken to and that you are going to your hospital room. Your family can meet you there.

Take Care of Yourself in the Hospital and Home



Prevent Infection

- Wash your hands before eating and after you use the bathroom.
- Ask staff, 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.

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 medicine your doctor ordered for you.

Prevent Breathing Problems

Follow these tips to help prevent pneumonia:

- Take a deep breath in and then cough deeply 10 times every one to two hours while awake. If you have pain when you cough, you can hold a pillow or rolled-up blanket against your chest or stomach and apply pressure as you cough.
- You may be given a device called an “incentive spirometer” to help you take deep breaths and measure your lung capacity. Staff will teach you how to use this.

- Be active as soon as possible after surgery. Get out of bed and move about as soon as possible. You will need to ask for help getting up until the nurse tells you it is okay to get up on your own.
- 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 a help before you get out of bed.

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. Ask for help first.
 - Do ankle exercises every one to two hours after surgery. Repeat the exercises three to five times:
 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.

Prevent Falls

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

Leaving the Hospital

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.

