

Stamford Health

# PATIENT GUIDE TO SURGERY

JAMES W. GARDINER TRUST

VAN MUNCHING FAMILY

MEREDITH & WHITNEY GEORGE

ADOLF & JOSEPHINE DIBIASIO  
AND FAMILY

STEVEN & ALEXANDRA COHEN  
FOUNDATION

KATHY & PETER SACHS

JAMES & KAYE BARKER

HERBERT & NELL SINGER  
FOUNDATION

CARL & DOROTHY BENNETT

ODYSSEY GROUP

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PATTY & GEORGE SARNER AND  
FAMILY

INFORMATION



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# PREPARING FOR YOUR SURGERY

Stamford Health is reimagining healing in every way, distinguishing ourselves as the most trusted health care partner for the communities we serve. Stamford Hospital is certified as a Level II Trauma Center, has a Level III NICU and pediatric emergency department, and is home to more than 1,000 medical staff members. Stamford Health's Tully Health Center offers numerous outpatient services including same-day surgery.

This brochure is a guide to help you and Stamford Health make your surgery successful. Enhanced Recovery After Surgery (ERAS) is designed to help you prepare for your surgery, before, and after. ERAS aims to:

- Minimize pain.
- Reduce length of hospital stay.
- Reduce complications.
- Get you back to your normal state of health as quickly as possible.

## WHAT TO EXPECT

### Before your surgery

The road to recovery begins before surgery. If you will be having an in-patient procedure that requires an overnight stay in the hospital, you will be scheduled to complete pre-surgical testing in our Pre-Surgical Optimization Program, or POP, usually one to two weeks prior to your surgery. We recommend contacting your primary care physician to let them know you will be having surgery and determine if an appointment is necessary.

For outpatient surgical procedures, you will be contacted by a preadmission testing nurse to complete an assessment over the phone and determine if any additional testing is needed.

Your POP visit will last around 90 minutes during which you will meet the preadmission nurse and a Stamford Hospital physician — a hospitalist — in collaboration with the Stamford Health Anesthesia Group. The focus of this visit is to evaluate your health status prior to your surgery and to work with you (or a care partner) to develop an individualized plan based on your medical and surgical history and postoperative needs. An important part of the visit is a thorough review of all the prescription and over-the-counter medications and supplements you are currently taking so please bring these with you to your POP appointment.





## IN PREPARATION FOR YOUR PROCEDURE

- Exercise: Try to walk up to 10-30 minutes each day.
- If you are a smoker, please discuss cutting down with your surgeon.
- Shower once daily. After your shower use chlorhexidine 2% wipes after your shower once a day for two days prior to surgery and once the morning of surgery. The wipes can be purchased at your local pharmacy.
- A prescription for postoperative pain medication or equipment (crutches/brace) may be given to you during your pre-surgical evaluation. We advise you to fill all prescriptions prior to your surgery.
- If applicable, please clean your CPAP mask or nasal prongs and bring it with you. You do not need to bring your CPAP machine. For your comfort, please tell the nurse your home settings when you arrive for your surgery.
- Be sure to start all pre-medication and/or bowel prep per your physician's orders.



## ON THE DAY OF SURGERY

Stamford Hospital and the Tully Health Center have valet and self-parking available.

**Stamford Hospital valet parking is available \$4 per day.**

**Stamford Hospital has self-parking beginning at \$2 for the first two hours.**

**Stamford Health's Tully Health Center valet parking is available \$4 per day.**

**The Tully Health Center has self-parking at no charge.**

### Your surgical experience

At Stamford Health, you will be assisted by our friendly staff, nurses, and providers from the minute you walk through our door through your recovery and discharge to go home. When you enter any surgical centers, our reception staff will greet you and ensure that all of your paperwork is complete.



Scan now to learn more about your surgery prep or visit [StamfordHealth.org/SurgeryPreparation](https://StamfordHealth.org/SurgeryPreparation).

After check-in, you will receive your ID bracelet and will be guided into the pre-operative area by our clinical staff. Your family members can monitor your progress throughout your procedure by watching the tracking board in the waiting room, which maintains your confidentiality. In the pre-op holding area, you will be cared for by a certified nursing assistant and registered nurse who will help prepare you for your surgery and keep you comfortable every step of the way. A family member or loved one is welcome to join you in the pre-op holding room as your surgeon joins you to answer any questions or concerns you may have.

You will be in good hands from start to finish, with our safety and quality checks along the way.

## AFTER YOUR SURGERY

When the surgical procedure is completed, you will be transported to the Post-Anesthesia Care Unit (PACU), where a clinical team will monitor your progress. Once you are awake, sitting up and drinking fluids, your family member or guest may join you.

Your surgeon will visit to see how you are doing. If you are staying overnight in the hospital, the staff will transport you to the surgical floor. If you are going home the day of surgery, a staff member will provide and review your postoperative instructions. The staff member will accompany you and your family member or guest to your car after discharge. You will not be able to take a taxi or drive yourself home after having anesthesia. A family member or friend over the age of 18 years old must stay with you in your home for the first 24 hours, or your surgery will be canceled. If you have any problems the evening or night of surgery, please call your physician's office or go to the nearest emergency room. Schedule your follow-up appointment with your surgeon. Usually, it is scheduled within two weeks of your surgery.

## HOSPITAL ADMISSION

- Walk the day of surgery as directed. Physical therapy will be available if it was identified as needed during your POP.
- Continue walking daily for 10-30 minutes.
- Brush your teeth twice a day.
- Eat as many of your meals in the chair as possible. If you are not eating be sure to sit in the chair for at least 30 minutes.
- Eat, drink, chew gum, or suck on hard candy as instructed.
- Use your incentive spirometer for 10 breaths every hour while you are awake. Ask your nurse for help if you do not remember how to use it.

Stamford Health patients have access to our Get Well Network (GWN). The GWN is on the TV in your room and allows you, among other things, to:

- Communicate with your health care team.
- Be informed about your care.
- Watch videos to learn about your health condition, medications and procedure.
- Have your prescriptions filled at the Stamford Health Pharmacy through our Meds-to-Bed program. To participate in the Meds-To-Beds program, interested patients should click on the Meds-To-Beds icon on the Get Well Network or nursing can simply call the pharmacy at least 90 minutes before the patient is discharged. We are excited to work together to truly deliver world class care for our patients. The pharmacy is located in the Gift Shop on the ground floor.



## AFTER HOSPITAL DISCHARGE

After your discharge from surgery a nurse from Stamford Hospital will call you within 24 hours to check on you. Another nurse will call you after 30 days to see how you are doing. It is important for us to know how you are doing, if you have any questions or if there is anything else we can do for you.

- Do not lift anything greater than 10 pounds for at least two weeks after your surgery.
- Your surgeon will give you further instructions on exercise.
- Do not drive if you are taking any narcotics for pain.
- If you have reduced the amount you smoke, discuss with your physician how to safely quit. If you would like to use Stamford Health's smoking cessation program please call 203.276.QUIT. Please ask your nurse for a nicotine patch if you need one to help keep you comfortable for your stay at Stamford Health.

Let your doctor know right away if:

- You have not had a bowel movement for more than 3 days.
- You have leg swelling and pain.
- You have chest pain.
- You have shortness of breath.
- You are having signs and symptoms of infection including:
  - Wound opens, oozing pus.
  - Wound is warm/ hot to touch, red, painful to touch.
  - Fever of 101 degrees.
  - Severe pain in the area.



*Healing incision.*



*Incision becoming infected.*

Please discuss the appropriate wound care with your surgeon. Thank you for entrusting Stamford Health with your care. If you have any questions about your surgery, please contact your care team.

## IMPORTANT PHONE NUMBERS:

**Hospital Day of Surgery: 203.276.7016**

**Tully Surgical Center: 203.276.6169**

**POP: 203.276.4093**

**Lab Draw at Tully: 203.276.4840**

**Lab Draw at Stamford Health**

**Main Hospital: 203.276.3437**

**Billing Customer Service: 203.276.7572**

**Stamford Anesthesiology Services:  
203.348.2614**

**Stamford Pathology Group: 203.276.7420**

# MY SURGERY ROAD-MAP

## 1. BEFORE SURGERY:

- If you are sick with any illness, please notify your surgeon's office.
- Do not shave near the surgery area. If there is a rash or break in your skin near the surgical area, please inform your surgeon PRIOR to day of surgery.
- Follow any special instructions given by your other health care providers. Do not take any medications unless approved by your surgeon.
- Follow bowel prep instructions if having bowel surgery.
- No solid foods past midnight the night before.
- You can drink clear liquids up until three hours prior to surgery. Examples include: water, tea, coffee (no dairy), and Gatorade (no red).
- Get plenty of sleep in clean pajamas and clean bed linens.

## 2. MORNING OF SURGERY:

- Use chlorhexidine wipes after shower; DO NOT RINSE.
- Do not use any lotions, hairspray or perfumes.
- Do not wear any jewelry or any body piercings.
- Bring your insurance card and a photo ID. Do not bring other valuables.
- Bring any pertinent medical information including a list of all current, prescribed, and over-the-counter medications.
- A parent and/or legal guardian must accompany all minors.
- At the surgery site, please check in at main desk; you will be instructed where to proceed from there.

## 3. AFTER SURGERY:

- A responsible adult (over 18 years old) is required to drive you home following surgery.
- We require that you have someone stay with you for the first 24 hours following your surgery. Transportation with a friend or relative is required, regardless of mode. Your procedure will be canceled otherwise.



**PROCEDURE:** \_\_\_\_\_

**SURGERY DATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**SURGEON:** \_\_\_\_\_

**PRE-OP TESTING (POP):**

**DATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_      **TIME:** \_\_\_\_\_

**DAY OF SURGERY**

**ARRIVE TIME:** \_\_\_\_\_

**TIME OF SURGERY:** \_\_\_\_\_

**MEDICATIONS:**

**STOP:** \_\_\_\_\_

\_\_\_\_\_

**TAKE DAY OF SURGERY:** \_\_\_\_\_

\_\_\_\_\_









Bennett Medical Center Campus  
One Hospital Plaza  
PO Box 9317  
Stamford, CT 06904

