

A Patient's Guide *to Surgery*



Carolinas Medical Center
NorthEast

Uncompromising Excellence. Commitment to Care.

Welcome

Welcome to Carolinas Medical Center-NorthEast. Our staff of skilled professionals look forward to providing the care you need. We want your stay to be pleasant and beneficial and we will do all we can to make it so. The information in this booklet will guide you through every step of your surgery from pre-operation (pre-op) to surgery, your hospital stay and recovery. Feel free to share this booklet with your family members or friends who may come with you on the day of your surgery. Our goal is for you to receive excellent and safe care.

Please call Interview (704-403-1082), Registration (704-403-1285) or Ask First (704-403-1275) if you have any questions about your surgery. Pre-registration is required for all procedures. If you have not been contacted, please call Registration (704-403-1285) to pre-register.

You Will Enter As An

- Inpatient** - Inpatients spend at least one night in the hospital. They are admitted the day of surgery or sometimes the day before.
- Observation** - Observation patients spend less than 24 hours on a unit for observation purposes, and then they are discharged.
- Outpatient** - Outpatients enter and leave the hospital the same day of surgery.

Preparing For Surgery

A pre-surgery interview visit or phone call is required to ask you questions about your medical history. Your doctor's office will schedule this pre-surgery interview for you at the hospital or as a phone interview. You will be assessed by a nurse and you will speak with an anesthesiologist. The purpose of this screening is to make sure you are medically ready for your surgery.

For your interview, please have all of your current medications (names, dosage, frequency) available to provide this information to your nurse and/or anesthesiologist.

Please inform the nurse if you have any of the following health problems:

Heart Disease

Kidney Disease

Problems with surgery

Lung Disease

Stroke

or anesthesia

Sleep Apnea

Diabetes

Review These Steps Before Your Surgery

1. Stop smoking or at least cut down before surgery.
2. Stop drinking alcohol - liquor, beer and wine - at least one day before surgery.
3. Ask your doctor about taking medications before surgery, including aspirin, ibuprofen, blood thinning medicines, and over the counter drugs, herbals and supplements.
4. Do not eat or drink anything, including water, after midnight the night before surgery unless instructed by your anesthesiologist. If you do, your surgery may have to be rescheduled. If you eat or drink something, tell the nurse immediately when you arrive at the hospital.
5. Call your doctor if you get a fever, cold or rash. Surgery may have to be postponed.

6. You must have someone 18 years of age or older *drive* you home from the hospital. They should be able to stay with you for 12 hours *after* discharge for your safety.
7. Ask your doctor or nurse about any other special instructions.

Day Of Surgery

Before You Leave Home

- Shower or bathe - you will be given specific instructions, if needed.
- Do not wear any oils, lotion, or make-up.
- Remember - do not eat or drink, chew gum, eat candy or use chapstick. You may brush your teeth but do not swallow toothpaste or water.
- Leave valuables such as jewelry at home. CMC-NorthEast cannot be responsible for these items.
- Wear loose, comfortable clothing.
- Do not wear jewelry. This includes all body piercings.

What To Bring

- Insurance cards or forms and a credit card or cash for payment.
- A parent or legal guardian if patient is under age 18.
- Clothing, such as a robe and slippers if you are staying overnight.
- Contact lens container and solution if you wear contact lenses.
- Bring your advance medical directives if you have any (ex. Living Will, Healthcare Proxy, DNR). This set of instructions outlines the healthcare you want if you lose the ability to decide for yourself. If you wish to obtain an advance directive form, please tell the pre-surgery interview nurse who contacts you before your surgery.

Registration

- Arriving on time is very important. Please allow enough time for heavy traffic.
- For outpatient and inpatient surgery, check in at the Surgery Registration desk.

Surgery Preparation Area

- After completing registration, you will be taken to the surgery Pre-op area. Two visitors may wait with you until you are taken into the operating room.
- You are scheduled to arrive in Pre-op approximately two hours prior to your procedure in order for staff to prepare patient before being taken to the Operating Room. This may include taking vital signs (Blood pressure, etc), starting an IV, giving preoperative medications, and reviewing paperwork with you.
- A nurse may ask you to sign a consent for surgery. The surgical consent form is a legal document stating that your doctor has talked with you about your surgery, explained the risks and benefits and you agree. A parent or guardian will fill these out for a minor.
- You will be asked to remove all clothing and put on a hospital gown. For your safety, you will be given a hospital armband with your name and birth date on it. This armband will be checked and you may be asked by staff to verify your name many times throughout your visit. Again, this is for your safety.
- Please remove all jewelry, body piercings, glasses, contacts, hearing aids, dentures and all undergarments.
- Leave your personal belongings with your family or visitor.
- The nurse may draw blood for lab tests and/or perform an EKG (an electrocardiogram for heart tracing).
- An IV will be inserted in a vein on your arm or hand. The IV will provide medications and fluids to you during surgery.

- It may be necessary for one of our nursing staff to remove hair from the area of your body where the surgery will be performed.
- You may be given a sedative to help you relax and then you will be taken to the operating room.

Operating Room

- To monitor your blood pressure, a blood pressure cuff will be placed on your arm.
- Small circular pads called leads will be placed on your chest to monitor your heart's function.
- To measure the oxygen levels in your blood, a monitor will be placed on your finger.
- Please ask a surgical team member for a blanket if you feel cold.
- The surgical team is led by your surgeon. Additional team members include nurses, an anesthesiologist, a nurse anesthetist (CRNA) and a surgical technician. As a team, they provide a sterile and safe surgical environment.

Anesthesia Care

- Anesthesia is medication(s) used to prevent pain during surgery. A highly-trained specialist, a nurse anesthetist (CRNA) and/or an anesthesiologist will give you the anesthesia and monitor your condition during your surgery.
- Before surgery, the anesthesiologist or CRNA will discuss what type of anesthesia will be best for you.

Types of anesthesia you may receive:

- **General** - You are asleep during surgery.
- **Regional** - A nerve block numbs only the appropriate body part. You may receive additional medications to help you relax.

- **Local Anesthesia with Sedation** - Anesthetic is injected into the area of your body where surgery will be performed. You will receive additional medication to relax you so you may remain awake or in a light sleep.

After Surgery

You will be taken to the recovery room, also known as the Post-anesthesia Care Unit (PACU). As the anesthesia wears off, you will be closely monitored. During this time you may receive pain or anti-nausea medication to keep you as comfortable as possible. You might have a mild sore throat if a tube was used during your surgery to help you breathe.

After waking up, patients being admitted to the hospital will be taken to their assigned room. If scheduled for outpatient surgery, you will be taken to the outpatient recovery area (Stage 2), assisted into a chair, given something to drink and your IV will be removed. A family member will be permitted to assist you in getting dressed. Typical stay in this area is approximately 45 minutes.

You will receive written instructions and any medications/prescriptions necessary. **For outpatient surgery, you must have an adult at least 18 years old to drive you home.** You should also arrange for an adult of 18 years or older to remain with you at home for at least 10-12 hours after surgery if you received any type of sedation.

What To Expect At Home

If you received anesthesia or sedation, you may feel tired. This is normal and should pass within 24 hours. Plan to stay at home and rest for the remainder of the day. Do not drive a car or operate machinery or dangerous appliances. If you have children, an adult should monitor them for 24 hours after surgery. Do not sit up or stand quickly because dizziness may

occur during the next 24 hours. You may return to work and resume normal activity once your doctor approves. When you get home, do not try to eat right away. Start with sips of clear liquid and when you are ready, increase your fluids and add small amounts of solid food. Work your way up to a regular diet slowly and eat small amounts of food often. Avoid alcoholic beverages for 24 hours.

Take only medications prescribed by your doctor for the first 24 hours after surgery, unless otherwise instructed.

Notify your doctor if you experience the following:

- Excessive bleeding
- Excessive swelling
- Excessive pain
- Difficulty urinating
- Temperature greater than 101 degrees 24 hours after surgery

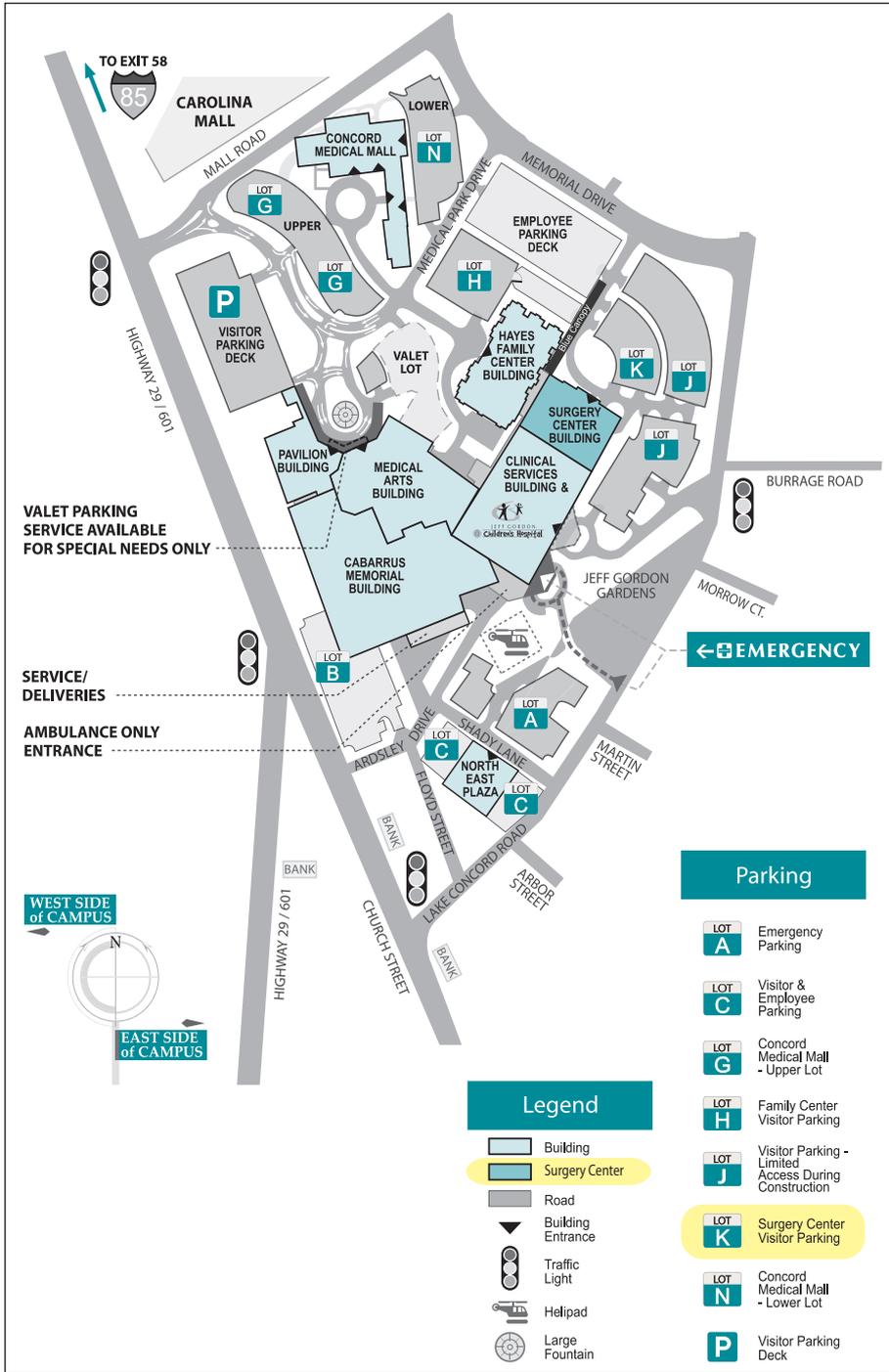
Progress

Outpatients may receive a phone call from a nurse within two business days after surgery to see how you are doing and answer any questions. Approximately two weeks after your discharge, you may receive a phone call from a survey company, Professional Research Consultants (PRC) regarding your experience in our surgery center. Our goal is to be rated EXCELLENT in overall quality of care and the likelihood to recommend CMC-NorthEast to friends and relatives. Please take a few minutes to answer the questions. We use this information to reward our staff and to make improvements where needed.

We wish you a speedy recovery and continued good health.



Notes



TO EXIT 58
 85

CAROLINA MALL

MALL ROAD

CONCORD MEDICAL MALL

LOWER

LOT G

UPPER

LOT G

LOT H

MEMORIAL DRIVE

EMPLOYEE PARKING DECK

P

VISITOR PARKING DECK

VALET LOT

HAYES FAMILY CENTER BUILDING

LOT K

LOT J

SURGERY CENTER BUILDING

LOT J

PAVILION BUILDING

MEDICAL ARTS BUILDING

CLINICAL SERVICES BUILDING & JEFF GORDON Children's Hospital

BURRAGE ROAD

VALET PARKING SERVICE AVAILABLE FOR SPECIAL NEEDS ONLY

SERVICE/ DELIVERIES

AMBULANCE ONLY ENTRANCE

CABARRUS MEMORIAL BUILDING

LOT B

JEFF GORDON GARDENS

MORROW CT.

← EMERGENCY

WEST SIDE of CAMPUS



EAST SIDE of CAMPUS

HIGHWAY 29 / 601

BANK

ARDSLEY DRIVE

FLOID STREET

LAKE CONCORD ROAD

CHURCH STREET

BANK

SHADY LANE

NORTH EAST PLAZA

LOT C

LOT C

MARTIN STREET

ARROR STREET

BANK

Legend

- Building
- Surgery Center
- Road
- Building Entrance
- Traffic Light
- Helipad
- Large Fountain

Parking

- LOT A Emergency Parking
- LOT C Visitor & Employee Parking
- LOT G Concord Medical Mall - Upper Lot
- LOT H Family Center Visitor Parking
- LOT J Visitor Parking - Limited Access During Construction
- LOT K Surgery Center Visitor Parking
- LOT N Concord Medical Mall - Lower Lot
- P Visitor Parking Deck

Directions To Carolinas Medical Center-NE

Location:

Highway 29/601 between Lake Concord Road and Mall Drive.

From the South/Charlotte Area:

- Take I-77 N to I-85 N
- Take exit 58 off of I-85
- Follow the South 29/601/Concord signs
- Turn left at the 4th light
- The hospital is located on the right

From the North:

- Take exit 58 off of I-85
- Follow the South 29/601/Concord signs
- Turn left at the 4th light
- The hospital is located on the right

From Albemarle:

- Take Concord Rd/NC-73 and continue to follow NC-73
- Turn right onto Branchview Drive SE/NC-3
- Turn left onto Lake Concord Road, NE
- The hospital is located on the right



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