

# The Physicians Centre Hospital

In Partnership with Physician Owners

## A Guide to Your Outpatient Visit

We are here  
to help you **heal...**

This is an outline of what you can expect each day during your hospital day stay. It is a general guide and may change to meet your needs. Your doctor and nurse are happy to discuss your questions and concerns. Please feel free to ask. Taking an active role in your care is a key ingredient to a successful surgery.



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# After Your Surgery is Scheduled

## Do's

- If you are currently taking blood thinners, which also include aspirin and herbal medications, please contact your prescribing physician and surgeon for instructions on when this medication should be stopped.
  - Notify your surgeon if you develop an illness before your surgery (including skin or urine infection).
  - Shower **the night before** surgery and **the morning** of surgery with an antibacterial soap such as Dial or chlorhexidine. Rinse thoroughly and avoid getting into the eyes. Do not use any other soap, lotion, or perfume. These steps help reduce the risk of surgical site infections
  - Remember nothing to eat or drink. You may brush your teeth, but do not swallow any water. **Avoid all tobacco products and do not chew gum.**
  - Take your blood pressure, heart or seizure medications as prescribed with a tiny sip of water prior to arrival.
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- Leave your jewelry, including any body piercings, watches and valuables at home.
  - If you wear contacts, glasses, hearing aids, or dentures bring a case for safe keeping.
  - Wear loose comfortable clothing and good support shoes. Bring a pair of warm socks if needed.

**Do not eat or drink anything after  
midnight the day of surgery!**

# Packing for the Hospital

## **What to bring:**

- Walker or cane if you use one at home
- X-rays, MRI or CT as directed by physician
- Glasses and/or hearing aids, if needed
- Contact lens solution/case
- Any special equipment you already have (sling, knee brace, etc.)
- CPAP or BiPAP machine with mask
- Medications that the nurse asks you to bring
- Inhalers if used
- Eye drops if used
- Your insurance card, government issued ID
- Pillow for comfort during your ride home
- Emergency contact information

## **Optional items for your comfort:**

- Personal hygiene items
- Clothes that will be easy to put on after surgery (button up tops, elastic waist band bottoms)
- Slippers (we provide non-skid socks)

## **What to leave at home:**

- Jewelry
- Large amounts of money
- Other personal valuables

Did you know that you can compare hospitals? Visit <https://www.medicare.gov/hospitalcompare/search.html> and put in our zip code, 77802. We consistently score higher than other hospitals in the area!

## Info for your friends and family with you

We have a kitchen that prepares meals for our patients and visitors. If you get hungry while you are waiting for your loved one you can order a plate. Call 5035 from a hospital phone, ask a nurse, or ask the concierge to get in touch with the kitchen.

## Special Dietary Needs?

Do you have any special dietary needs or concerns? We have a dietitian on staff that can discuss these with you if needed. Let a nurse know and we will contact the dietitian for a consult.

## **Safety** is our **TOP** priority.

We take safety seriously. Although you may feel like you are answering the same questions repeatedly, this has been shown to improve safety as the entire healthcare team has verified the same information.

### **CHECKING YOUR ARMBAND**

As an added precaution to ensure that we are performing the right treatment, test or administering medication, we will be checking your armband and asking your name and date of birth.

### **PREVENTING INFECTION**

We prevent infections by washing our hands before and after each patient and by following national recommendations on antibiotic therapy.

### **CONFIRMING YOUR PROCEDURE**

We will ask you to be involved in this by identifying your procedure and confirming the site that your surgeon marks.

### **PREVENTING BLOOD CLOTS**

To prevent serious complications from blood clots, we will assess your history and risk factors. Please tell your healthcare team of any previous blood clots or medications

## What You Can Do to Prevent Infection

- Tell your physician about your medical history; diabetes, allergies, smoking and obesity can increase your risk of infection
- Ask that healthcare providers and family wash their hands before and after visiting you
- Wash your hands with soap and water for 20 seconds before and after eating, using the restroom, or caring for your incision
- Always follow your doctor's instructions for wound care
- Keep pets away from incision sites

## Preventing Constipation

Pain medications, certain types of anesthesia and decreased activity can lead to painful constipation.

Here are some prevention methods:

- Drink plenty of fluids
- Change position frequently
- Get out of bed and walking as soon as possible
- Stool softeners or laxatives may be given

# *Keeping Pain Under Control*

We care about your pain and need your help...

## **ASSIST US IN RATING YOUR PAIN**

A nurse will ask you to rate your pain on a scale from 0 to 10.

0	1	2	3	4	5	6	7	8	9	10
No pain	Mild pain		Moderate pain			Severe pain		Worst pain		
Nada de dolor	Poco dolor		Dolor moderado			Mucho dolor		Peor dolor		

## **BALANCING PAIN WITH SAFETY**

Too little pain medication makes it difficult to get out of bed.

Too much could increase risk of falls or trouble breathing.

The nursing staff will do everything they can to keep your pain in balance.

## **SET REALISTIC EXPECTATIONS**

We will help you to set a Functional Pain Goal that allows you to be functional while preventing unwelcome side effects.

Immediately after surgery, a pain goal of 0 is unrealistic. During the nursing health history, we will ask you questions to help reach a tolerable and realistic expectation.

## **NO HERO ZONE!**

Ask for pain relief before it becomes uncomfortable. It is easier to control if we catch it early and you will find it easier to get out of bed and walk with the medications. Remember... no heroes!

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## **Will you have the HELP YOU NEED at home?**

Things to consider:

- Who will do the housekeeping?
- Who will take care of children or pets?
- How will meals be prepared?
- How will I get groceries?
- How will I get to my doctor's appointment?
- Are there stairs at home that may be difficult?
- Are there rugs that may be a tripping hazard?
- Do I need a non-skid bath mat, handheld shower head or shower chair to prevent slips?

Your care team, which includes your physician, nurses, and physical therapists, will be working with you and your insurance company to get you what you need at home.

## **Questions to Ask Before You Leave the Hospital**

1. Is my pain under control? Do I feel well enough to go home?
2. Do I have new medications and what are their side effects?
3. How do I take care of my wound?
4. What are the signs and symptoms of infection?
5. Is there someone to drive me home?
6. What activity am I allowed to do when I leave the hospital (walking, driving, bathing)?
7. Am I comfortable knowing how to use the equipment (walker, brace, crutches, wheelchair, etc.)?
8. Do I have the help I need at home after surgery?
9. Has my doctor addressed any concerns regarding my care?

## Home Discharge Criteria

You can be discharged home when:

- Your vital signs (blood pressure, heart rate, etc.) are stable
- You can walk safely and transfer with minimal assistance
- You are eating and drinking enough
- Your pain is controlled on oral pain medication  
Functional Pain Goal \_\_\_\_\_
- You and/or your family understand your medications
- Your drain and/or wound care can be performed at home by you, your family or a visiting nurse
- You and/or your family understand the signs and symptoms of infection
- You are urinating without a catheter
- You have a family member or friend to take you home

## New Medication Side Effects

Purpose	Common Side Effects
Narcotic pain relief	Dizziness, drowsiness, constipation, upset stomach, rash, confusion
Anti-inflammatory	Upset stomach, sleeplessness (decadron and prednisone only)
Muscle spasm or decreases nerve pain	Drowsiness, dry mouth, dizziness, upset stomach, nausea, vomiting
Calms nerves or makes you sleepy	Dizziness, headache, unsteady walking, dry mouth or throat
Antibiotics	Loss of appetite, stomach cramps, headache, dizziness, flushing, diarrhea, sore mouth
Nausea / vomiting	Headache, constipation, drowsiness
Heartburn or reflux	Headache, diarrhea
Allergic symptoms	Dry mouth, drowsiness, dizziness
Sore throat	Numbness of mouth or throat
Constipation	Diarrhea, nausea, stomach cramps
Iron supplement	Constipation, dark stool, upset stomach

The following list includes the most common medications that may be new to patients after surgery. If you have questions about other medications, please ask your nurse. Our pharmacist would be happy to review your medications with you. Simply ask your nurse.

Examples Brand (generic)
Norco, Lortab, Vicodin (hydrocodone/acetaminophen), Oxycontin (oxycodone), Morphine, fentanyl, Demerol (meperidine), Dilaudid (hydromorphone), Ultram (tramadol)
Celebrex, Decadron, hydrocortisone, ibuprofen, Mobic (meloxicam), Toradol, prednisone
Robaxin (methocarbamol), Soma (carisoprodol), Valium (diazepam), Skelaxin (metaxalone), Neurontin (gabapentin), Flexeril (cyclobenzaprine), Lyrica (pregabalin)
Valium (diazepam), Ativan (lorazepam), Versed (midazolam), Xanax (alprazolam), Ambien (zolpidem), Restoril (temazepam)
Ancef (cefazolin), Keflex (cephalexin), Cleocin (clindamycin), Vancocin (vancomycin), Levaquin (levofloxacin), Rocephin (ceftriaxone)
Zofran (ondansetron), Phenergan (promethazine), scopolamine patch
Nexium (esomeprazole), Pepcid (famotidine), Prevacid (lansoprazole), Prilosec (omeprazole), Protonix (pantoprazole), Zantac (ranitidine)
Benadryl (diphenhydramine)
Cepacol lozenges (benzocaine/menthol)
Colace, milk of magnesia, Miralax, Dulcolax (bisacodyl)
SlowFE (ferrous sulfate), Ferate (ferrous gluconate)

## Side Effects of Other Medications

Purpose	Common Side Effects
Blood thinner to stop or break up clots	Risk of bleeding, upset stomach
Lowers cholesterol	Headache, muscle pain, stomach upset
Heart rhythm problems	Dizziness, headache
Lowers blood pressure	Dizziness (especially on standing), cough
Lowers blood pressure and heart rate	Headache, dizziness/drowsiness

Our hospital does not charge separately for medication, so we will use our stock medications as much as possible at **NO COST** to you.

However, we may ask you to bring medications that we do not routinely stock or medications that need nursing/pharmacy review.

These are some additional medications that you may be taking at home, depending on your medical history.

<b>Examples Brand (generic)</b>
Lovenox (enoxaprin), Heparin, Coumadin (warfarin), Aspirin, Plavix (clopidogrel)
Lipitor (atorvastatin), Mevacor (lovastatin), Pravachol (pravastatin), Crestor (rosuvastatin), Zocor (simvastatin)
Pacerone/Cordarone (amiodarone), Digitek or Digitalis (digoxin)
Lotensin (benzapril), Capoten (captopril), Vasotec (enalapril), Zestril (lisinopril), Accupril (quinapril), Altace (ramipril), Avapro (irbesartan), Benicar (olmesartan), Diovan (valsartan)
Tenormin (atenolol), Coreg (carvedilol), Lopressor or Toprol XL (metoprolol), Cardizem/Cartia XT/Tiazac/Dilacor XR (diltiazem)

## Symptoms to Watch at Home

Please call your physician if you have any of the following:

- Temperature greater than 101.5°
- Increased redness or swelling from wound
- Increased bleeding or drainage from wound
- Decreased movement or sensation

If you have questions, please call a nurse at 979.731.3110.

## Your Responsibilities in Managing Your Health

To better manage your health at home:

- Follow your discharge instructions
- Keep your next appointment with your surgeon
- Eat a well-balanced diet
- Drink lots of fluids to avoid constipation
- If you have a CPAP or BiPAP machine, wear it whenever you lie down

# IMPORTANT NUMBERS

Your Physician's Office

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Hospital Number for Nursing	979.731.3110
Dietary	979.731.5035
Housekeeping	Use call button
Pharmacy	Use call button
Pre-Admission Testing	979.731.3207
Dietitian	979.731.3100

Pre/Post Coordinator	Shawna Coots	979.731.3208
Chief Nursing Officer	Suzy Hoyle	979.731.3149
Chief Executive Officer	Kori Rich	979.731.3930

Date of surgery:

Arrive at:

**This booklet is part of a national project.  
Project Re-engineering Discharge (RED) is  
designed to improve safety and reduce  
re-hospitalization rates.**

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