

Patient Guide to Surgery



Saint Alphonus
A Member of Trinity Health

Our calling is you.

Surgery Checklist

IF YOU DO NOT KNOW YOUR SURGERY ARRIVAL TIME PLEASE CONTACT YOUR SURGEON'S OFFICE.

NIGHT BEFORE SURGERY

- ☐ Shower according to the Pre-Surgery Showering instructions (page 4)
- ☐ Remove all jewelry, including wedding rings, and piercings and leave at home
- ☐ Remove all nail polish and artificial nails
- ☐ Follow the Pre-Surgery Food and Beverage Guide (page 3)
- ☐ Confirm your discharge date and time with your driver

DAY OF SURGERY

- ☐ Shower according to the Pre-Surgery Showering instructions (page 4)
- ☐ DO NOT eat solid food 8 hours before you arrive at the hospital
 - No chewing gum, tobacco products or mints
- ☐ 2 hours prior to your arrival at the hospital, drink your pre-surgery hydration drink (page 3)
- ☐ In addition to the pre-surgery hydration drink, you may liberally drink water, black coffee or tea up to 2 hours before you arrive. No cream or any milk type products should be added.
- ☐ Bring the following items with you:
 - ID card, insurance card and copay (if applicable)
 - List of medications with the last time each was taken
 - Glasses and glasses case
 - Dentures and dentures case
 - Comfortable, loose closing that is easy to get on and off
 - For overnight stays, please leave your bag & equipment in the car until your room is assigned



Pre-Surgery Food and Beverage Guide

TO IMPROVE YOUR SURGICAL OUTCOME, PLEASE FOLLOW THE INSTRUCTIONS BELOW:

1. **DO NOT** eat solid food 8 hours before you arrive at the hospital.
2. Two hours before you arrive, drink a clear liquid containing at least 45 grams of carbohydrates.
Pre-Surgery hydration options include*:
 - Ensure Pre-Surgery Clear Carbohydrate Drink, 10-oz (see below)
 - 16-oz sports drink, or 8-oz clear juice such as apple, white grape, etc. (no red or purple drinks)
 - Tang, 16-ounce serving

***Pre-Op carb loading is NOT recommended for insulin-dependent diabetics**
3. You may liberally drink water, black coffee or tea up to 2 hours before you arrive. No cream or milk type products should be added.



Ensure Pre-Surgery Clear Carbohydrate Drink



This drink contains carbohydrates and antioxidants specifically formulated to satisfy your hunger before surgery, help with post-operative nausea and pain after surgery, and improve your recovery time. When purchasing, be sure to select the PRE-SURGERY product. **This product SHOULD NOT be confused with other Ensure Clear products such as Ensure Clear Nutrition Drink or Ensure Clear Therapeutic Drink.**

This product may be purchased for \$2-3 at Saint Alphonsus MedNow pharmacies or from online retailers (Amazon, Walmart & Walgreen's). Order in advance to allow for shipping if you purchase online.

Saint Alphonsus MedNow Pharmacy Locations:

- **Boise Pharmacy**

999 N. Curtis Rd., Ste. 102, Boise, ID 83706

Phone: (208) 367-2167

Fax: (208) 367-3915

Mon-Fri: 8:30 am - 6:30 pm

Sat: 9:00 am - 1:00 pm

- **Nampa Pharmacy**

4400 E. Flamingo Ave., Nampa, ID 83687

Phone: (208) 288-4660

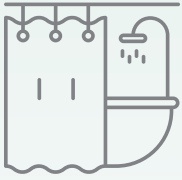
Fax: (208) 288-4664

Mon-Fri: 8:00 am - 6:00 pm

Pre-Surgery Showering Instructions

PLEASE FOLLOW THE NURSE'S RECOMMENDATION

During your pre-procedure call/visit the nurse will suggest one of the following:



- ☐ Night before surgery AND the morning of surgery
- ☐ Two nights before surgery AND the morning of surgery
- ☐ Five nights before surgery (pending results of nasal swab – if positive, you will receive a phone call)

The use of Chlorhexidine Gluconate (CHG) 4% skin cleanser has been shown to **DECREASE** bacteria (germ) levels on the skin and may reduce your risk of a surgical site infection. Brand names of CHG skin cleansers are Hibiclens or Betasept, which are available at local drugstores and online retailers.



A skin cleanser containing 4% CHG **should not be used:**

- On children less than two years of age
- On the face, eyes, ears, mouth or genital area
- If you are breastfeeding
- On open wounds
- If allergic to CHG



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SHOWERING INSTRUCTIONS:

1. Refer to CHG label or package insert for complete manufacturer's instruction.
2. Wash and rinse your hair with regular hair product, if desired.
3. Wash and rinse your face and then genitals using your regular soap product.
4. Wet your entire body and step away from the shower stream.
5. Wet a clean washcloth and apply CHG cleanser to the cloth.
6. Clean your entire body from the neck down.
 - CHG will not make "suds", but it is still working.
 - Pay special attention to the area where you will have surgery as well as the belly button, hands and feet.
7. Ask someone for help if you are unable to wash certain areas of your body.
8. While away from the shower stream, keep the soap on at least two minutes before stepping back into the shower stream.
9. Rinse well and gently dry with a freshly laundered, clean towel.
10. After you shower, do not use any other soap product after the CHG product.



Do not use powder, deodorant, perfumes or lotions prior to surgery.



Wear freshly laundered pajamas to bed the night before surgery and sleep on freshly laundered sheets.



Wear freshly laundered clothes to the hospital.



Avoid contact with animals/pets after showering with the CHG skin cleanser the night before and the morning of surgery.



Do not shave near your incisional area for one week prior to surgery. Shaving with a razor can increase your risk of an infection where you have surgery.