

Preparing for your **surgery or procedure**



Welcome

Thank you for choosing Huntington Hospital for your surgery or procedure. This booklet will help you and your loved ones know what to expect as you prepare for your procedure.



What's inside:

- How to get ready for your surgery
- What to expect on the day of your surgery
- What to expect while you are in the hospital
- What to expect when you go home
- How to continue recovering when you are home

Contact

Our address and how to reach us

Huntington Pre-Surgical Testing

Huntington Hospital:

East Tower, Main Floor
100 West California Blvd.
Pasadena, California 91105

- Phone: (626) 397-5905
- Fax: (626) 397-2932

Other important Huntington Health phone numbers

- **Medical Records:** (626) 397-5054
- **Patient Financial Services (Billing):** (626) 397-5324
- **Admissions:** (626) 397-5600
- **Spiritual Care:** (626) 397-5051
- **Blood Donor Services:** (626) 397-5422
- **Parking Office:** (626) 397-2051

Huntington Hospital Main Campus:

100 West California Blvd.
Pasadena, California 91105
Phone: (626) 397-5000

Preparing for your surgery or procedure

Medical clearance and preoperative appointments

Your surgeon will determine whether your surgery or procedure will be performed on an inpatient or outpatient basis. Your surgeon will help coordinate your appointments with your other doctor(s) at least two weeks before your surgery so that all necessary examinations and tests can be ordered, performed and reviewed by your doctor.

Your pre-procedural tests can be performed at your primary care doctor's office, at Huntington Hospital or other facilities depending on your insurance requirements.

Advance directives

An advance directive allows you to name an agent to make decisions for you when you are unconscious or too ill to communicate your wishes. Huntington Hospital complies with California laws and court decisions on advance directives. Hospital policies ensure that your wishes about treatment will be followed. It is your responsibility to provide a copy of your advance directive to the hospital for your records. If you have any questions, please talk to your nurse, who may refer you to a hospital social worker.

Insurance coverage

We may need to get pre-authorization from your health insurance company to perform the surgery or procedure. Make sure to give your surgeon the most recent information for all your insurance plans. Always carry your insurance and prescription drug cards with you.

Health evaluation and preoperative (before surgery) appointments

Every person who has been recommended for surgery or a procedure must first be evaluated by a health care clinician, such as your surgeon. We want to make sure it is safe for you to have surgery and be given anesthesia (the medicines that put you to sleep during surgery).

Upon scheduling your surgery, you will receive an electronic questionnaire to document your medical history via an email link to the "My CS-Link" patient portal. Should you not have computer/email access, the questionnaire will be completed by telephone with one of our preoperative nurses.

Your questionnaire responses will be assessed by our clinical staff to determine the pre-op preparation you need and whether you will need an in-person appointment. Your surgeon will tell you which tests you need and where to have them done, typically through your primary care physician. The tests must be done at least two weeks before the surgery or procedure and may include the following:

- Blood tests
- COVID-19 test
- Chest X-ray
- Urine test
- Electrocardiogram (EKG) to check your heart
- MRSA

Blood tests

Blood tests must be done within 60 days before the surgery or procedure. If your surgery was rescheduled or canceled, your tests may need to be redone to meet this 60-day requirement.

Two important blood tests that may be required within two weeks of surgery are called "type and screen" and "type and crossmatch." If you need these tests, you will have special instructions in the following situations:

1. If you've been pregnant within 90 days before your upcoming surgery, blood tests must be done no more than three days before your surgery.
2. If you've had a blood transfusion of somebody else's blood within 90 days before your surgery, blood tests must be done no more than three days before your surgery.
3. If you have a history of a positive antibody screen, please inform the lab technician drawing your blood that you have positive antibodies so that they can collect the appropriate number of blood samples. Blood tests must be done no more than 14 days before your surgery.

Blood donation - getting blood during your surgery

If you need blood during your surgery, there are three types that can be used:

- You can use your own blood. This is called an autologous donation. You can start donating four - five days before your surgery.
- You can get blood from donors that you have chosen. These are called designated or directed donors.
- You can get blood from the Blood Bank or from community donors.

If you have any blood-related questions, please call Blood Donor Services: (626) 397-5422.

Your prescription and over the counter (OTC) medications

Please have a list of all medicines that you take, their dosages and frequency. Your doctor will need to know the last time you took each medicine.

- Prescriptions (the kind that need a doctor's order)
- Herbs, like Chinese or traditional healer medicines
- Vitamins and supplements
- OTC medicines (the kind you can buy in a drugstore)

Ask your doctor if you need to stop any of your medicines before your surgery. Some people must stop taking specific medicines, such as blood thinners, and certain diabetes and weight loss medications (e.g., GLP-1, Ozempic).

Pain medications and pain control

Tell your doctor about any pain medicines you take. If you take high doses of opiates (such as morphine and codeine), ask your doctor for a pain management consultation. This will help us take care of your pain after surgery.

Preoperative anesthesia appointments

Depending on your pre-surgical needs, you may need an in-person appointment with one of our clinicians before your surgery/procedure. Should this be the case, one of our clinicians will arrange the appointment.

Things to bring to your preoperative appointments

- Photo ID (driver's license, passport or state ID card)
- Health insurance card and prescription drug card
- For any pre-procedure tests not yet completed, bring a copy of any doctor's orders for tests

- List of all medicines that you take (prescription, OTC, herbal, vitamins/supplements)
- List of allergies
- Health history
- Copy of advance health directive (if you have one)
- Copy of ID card for your pacemaker or your automatic implantable cardioverter defibrillator (AICD)
- Copy of vaccination card for pediatric patients

Things to know and do before your surgery or procedure

- Find someone to drive you to and from the hospital. Remember that you will need your doctor's permission before you start driving again.
- We recommend parking in the North parking lot. Please see page 7 for a campus map.
- You need someone to stay with you for at least 24 hours after the surgery. Depending on your surgery, you also may want a family member or friend to stay with you for a few more days to help with bathing, meals and taking medications.
- Ask your doctor if you can pick up any refills or new prescriptions before your surgery.
- Provide names and phone numbers of your emergency contacts.
- Eat healthy foods that are low in salt, saturated fats and sugar.

A nurse will...

- Call you to do a preliminary phone interview
- Check your name, date of birth, admission status (inpatient vs. outpatient) and planned surgery or procedure
- Talk to you about safety and preventing surgical site infections
- Answer questions and connect you to other services, if necessary

What to bring to the hospital on the day of your surgery

- Photo ID (driver's license, passport or state ID card)
- Health insurance card and prescription drug card
- Clothing that is easy to put on (loose pants, shirts that button or snap, shoes that slip on)
- Cellphone

What to do if you get sick before your surgery

If within 10 days before your surgery you have the following symptoms, contact your doctor:

- Cold, flu, fever or chills
- Any type of infection, including tooth abscess
- Any non-healing ulcer or skin wound, such as insect bites
- Herpes outbreak
- Skin rash or any kind of "flare-up"

What to do if you think you are pregnant

Call your surgeon right away if you think that you are pregnant. Your surgery may have to be delayed or canceled.

What to expect before your procedure or surgery

Your surgeon's office will call you a few days before your procedure or surgery to confirm the details. Call your doctor's office if you have any questions.

The day before surgery

- Follow your doctor's instructions regarding how many hours prior to your surgery to stop eating food and drinking liquids. Refer to any handouts given to you on what you can eat and drink.
- Do not drink alcohol the day or night before your surgery.
- Cleanse with Chlorhexidine Gluconate (CHG) wipes or shower with Hibiclens soap the night before your surgery.
- Try to relax and get a good night's rest.
- Expect a call from our Same Day Surgery Department to confirm arrival time.

The day of your surgery

Follow your doctor's instructions for the morning of your surgery:

- Your surgery may be delayed/canceled if you drink any liquids or eat any food, including gum, mints or candy, beyond the time instructed by your surgeon.
- If you must take medication, you can swallow it with a sip of clear liquid such as water, Pedialyte or Gatorade.

- Cleanse with CHG wipes or shower with Hibiclens soap the morning of your surgery.
- Do not wear jewelry. Leave all valuables at home.
- **Plan on coming to the hospital two hours before your scheduled surgery time, or as directed by your physician.**
- Once you have been prepared for surgery, you will be allowed one visitor in the Same Day Surgery area while you wait to be taken to your surgery/procedure. Only visitors over 13 years of age are permitted.

Checking in for surgery

Your doctor's surgery scheduler will tell you when and where to check in for surgery. Please be on time and bring your photo ID and health insurance cards.

After checking in at the front desk in the main entrance of the hospital, you will be directed to Admitting for registration. After registration, you will proceed to the Same Day Surgery area where you will be prepared for surgery and meet with your anesthesiologist, surgical nurse and surgeon.

After your procedure or surgery

Your postoperative recovery

Nurses will take care of you in the recovery room until you are stable. Being stable means that you are awake and able to talk. It also means that your vital signs, like heart rate and blood pressure, are within normal limits.

You may have a dressing (bandage) covering your surgical site. You may have a tube to drain fluid away from the incision (cut in skin). You may also have a drain in your bladder called a catheter to help your care team monitor your urine.

Leaving the recovery room

If you are going home the same day, you will be transferred back to the Same Day Surgery Department, where you can fully recover before going home. The nurse will give you written instructions about your post-surgery care and explain them to you.

Your surgeon may order postoperative medications. They will be electronically sent to your pharmacy.

When you are ready, we will take you by wheelchair to meet your ride home. You will need to have a family member or friend drive you home after your surgery or procedure. You cannot use a taxi or ride share service.

If you are admitted to the hospital

If you are admitted to the hospital after your surgery, we will move you from the recovery room to a private room.

Your nursing team will monitor you, including checking your vital signs and helping control your pain. It is normal for you to feel tired for a few hours after your surgery.

Your surgeon will let you know when you can expect to go home.

If you have urgent questions or concerns after your procedure or surgery, please contact your surgeon.

Leaving the hospital

Appointments after you leave the hospital

You will need to make an appointment to see your surgeon after you leave the hospital. The surgeon will check to see how you are healing. If you still have sutures (stitches) or staples, they will be taken out during this visit.

Taking your medications

Before you leave, the nurse will give you a list of all your medications and tell you how to take them. Make sure that you understand the instructions. When you need medication refills, do not call the hospital. You must ask your surgeon, specialist or primary care doctor.

When to call your doctor

It is normal to have some bruising, swelling and soreness after surgery. But if you have any of these symptoms, call your surgeon:

- A fever above 101 degrees
- A fever and chills together
- Redness that gets larger and moves away from your surgery site
- Excessive liquid that comes out of your incisions
- Any of your incisions are open

If you cannot reach your surgeon or primary care physician, or if you have an emergency, call 911 or go to your nearest emergency room.

Important dates to remember

My preoperative (Pre-Op) health evaluation

(To make sure you are healthy enough for surgery)

Date: _____ Time: _____

Where: _____

My surgery date

Date: _____ Arrival time: _____

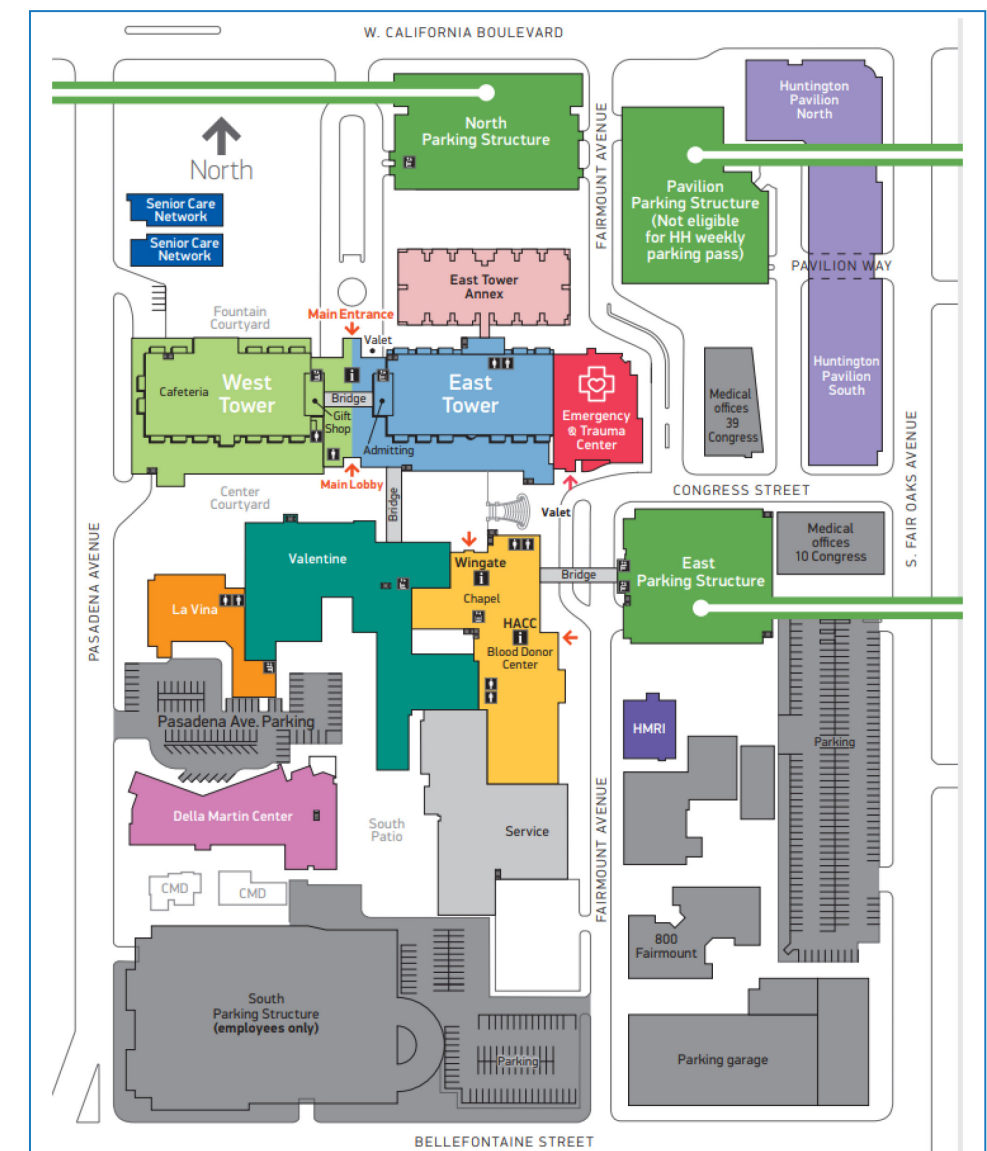
Surgery time: _____ Where: _____

My postoperative (Post-Op) appointment

Date: _____ Time: _____

Doctor/Specialist: _____

Where: _____





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