



COOKEVILLE REGIONAL
MEDICAL CENTER

It's the Way WeCARE

Preparing for Surgery

Patient Guide

The **safety** and **comfort** of our patients **is our priority.**

You play an important role in partnering with us to ensure a safe, efficient, and exceptional experience.

If you have any remaining questions after reading these instructions, please call your surgeon's office.

SURGERY DETAILS:

Date

Physician

Arrival Time:

If you have not received a call from Surgical Services or your surgeon's office BY 5:00 pm on the day before your surgery, please call the Same Day Surgery Unit at (931) 783-2190.

1 Medical Center Boulevard
Cookeville, TN 38501
931.528.2541

crmchealth.org



BEFORE SURGERY



"BEFORE COMING TO THE HOSPITAL" - CHECKLIST

NOTHING TO EAT AFTER MIDNIGHT. MAY DRINK **ONLY** CLEAR LIQUIDS (WATER, GATORADE) TWO HOURS PRIOR TO ARRIVAL TO THE HOSPITAL.



Arrive promptly at your scheduled time.



Leave all medication at home, except asthma inhalers and C-PAP machines.



Wear clean, comfortable clothes.



Do not apply hair products, makeup, nail polish, and piercings.



Remove contact lenses, and wear your glasses or bring your contact lens case with you.



Remove jewelry (including rings and all body piercings). Jewelry, including body piercings, presents a potential safety risk.



Leave jewelry and other valuables at home. We do not have a locked area in which to keep them.

PREOPERATIVE SURGERY HYGIENE INSTRUCTIONS

To keep your skin as clean as possible and to help prevent infection, follow the instructions below:

DAILY BEGINNING TWO DAYS BEFORE YOUR SURGERY AND MORNING OF SURGERY

START DATE: _____

STEP 1: In the shower, wash your face and body with antibacterial soap (such as Dial) using a clean washcloth. Shampoo hair as you normally do.

NOTE

You will be given a bottle of special cleanser called Chlorhexidine. It is very important that you use Chlorhexidine cleanser in addition to antibacterial soap. Use caution, Chlorhexidine may cause the floor of your shower/bath tub to become slippery. Begin bathing daily with Chlorhexidine two days before your surgery. Also use it the morning of surgery before coming to the hospital. Chlorhexidine should NOT be used near eyes, nose, ears, and mouth or in the vagina. If the solution gets in your eyes, rinse them out with water immediately. Chlorhexidine is absorbed by cotton washcloths and may cause discoloration. KEEP out of reach of children. Chlorhexidine should not be used on children less than two months old.

STEP 2: Wash body thoroughly from the neck down (avoiding the vagina and rectal area) with Chlorhexidine. Pay special attention to the area where you will have surgery as well as the stomach, belly button, hands, between finger/toe nails, elbows, ankles, knees (front and back), under skin folds (stomach and breasts) and under arms.

STEP 3: Ask for help if you are unable to wash certain areas of your body.

STEP 4: Rinse very well and dry with a clean towel.

PLEASE REMEMBER

1. **SHOWER DAILY** beginning two days before surgery with antibacterial soap and Chlorhexidine, then **AGAIN** the morning of your surgery, before coming to the hospital, following above instructions.

Use a clean towel and washcloth.

2. **DO NOT SHAVE ANY BODY PARTS** from the neck down. Shaving increases your risk of infection when you have surgery.

3. **AFTER YOU SHOWER**, the morning of surgery, do not use powder, deodorant, perfumes or lotions. Please remove nail polish from fingers and toes.

4. **WEAR FRESHLY LAUNDERED** clothes after your shower and to the hospital.

TAKING CARE OF YOUR TEETH

Brush your teeth and tongue with a soft bristle toothbrush with any brand of toothpaste. If you have dentures, do your routine cleaning. Don't forget to rinse your mouth with mouthwash.

CHANGES TO YOUR MEDICATION SCHEDULE PRIOR TO SURGERY:

It is extremely important that you are aware of the changes that will need to be made to your normal medication schedule seven days before your surgery.

ONE WEEK BEFORE SURGERY:



Stop taking ibuprofen, Motrin, Advil, Aleve, naprosyn, Relafen, Daypro, Nuprin, Celebrex, Meloxicam and Diclofenac.

Stop taking all herbal medication/dietary supplements, such as garlic pills, vitamin E, St. John's wort, fish oil, diet pills and multivitamins.

Follow your physician's instructions related to your blood thinner medication.

SPECIAL INSTRUCTIONS

Blood Thinners: _____

Insulin: _____

Tylenol (acetaminophen) is acceptable

Please take the following medication the morning of surgery.

SURGICAL PROCESS



ONCE YOU ARRIVE

Go to the surgical waiting reception desk. A staff member will escort you to an area to prepare for your surgery.

If you are running late on the day of your surgery or have any questions or concerns about anything regarding your surgery, please call the Same Day Surgery Unit at 931-783-2190.

WHAT TO EXPECT

IN THE SAME DAY OR HOLDING AREA:

- Meet your surgeon, anesthesia provider, and nurse care team.
- Proper safety checks which include a list of regulations is undergone before every surgery.
- Possible additional blood tests.

IN THE POST-ANESTHESIA CARE UNIT (PACU):

You will be monitored by a nurse until you wake up from anesthesia.

IF ADMITTED TO HOSPITAL:

You will be transported to an inpatient floor, where you will be cared for by a team of caregivers until you have recovered sufficiently.

IN THE SAME-DAY SURGERY UNIT:

After your surgery you will receive care by a team of caregivers until you have recovered sufficiently.

If going home the same day as your surgery, **YOU MUST HAVE A RIDE** from a family member or a friend.

You will not be able to operate a vehicle, leave in a taxi or take public transportation by yourself.

DISCHARGED HOME:

As a service to our patients, prior to leaving the hospital, CRMC Outpatient Pharmacy can fill your discharge medication(s).

Bring insurance and prescription cards.

You (or family member or caregiver) may pick up your medication(s) at the CRMC Outpatient Pharmacy.

This program is optional and is offered for your convenience. Please note that you have the right to select any pharmacy you wish to provide medication(s) prescribed by your physician.

If you need any more information before making a decision, please feel free to contact a pharmacist at 931-783-2552.



Use of the
Incentive
Spirometer
10 times
per hour



Coughing and
Deep Breathing
when possible



O Oral Care - Brush
your teeth and
rinse with mouth
wash 3 times
per day.



U Understanding
- Ask if you have
questions about
the reasons for
these guidelines.

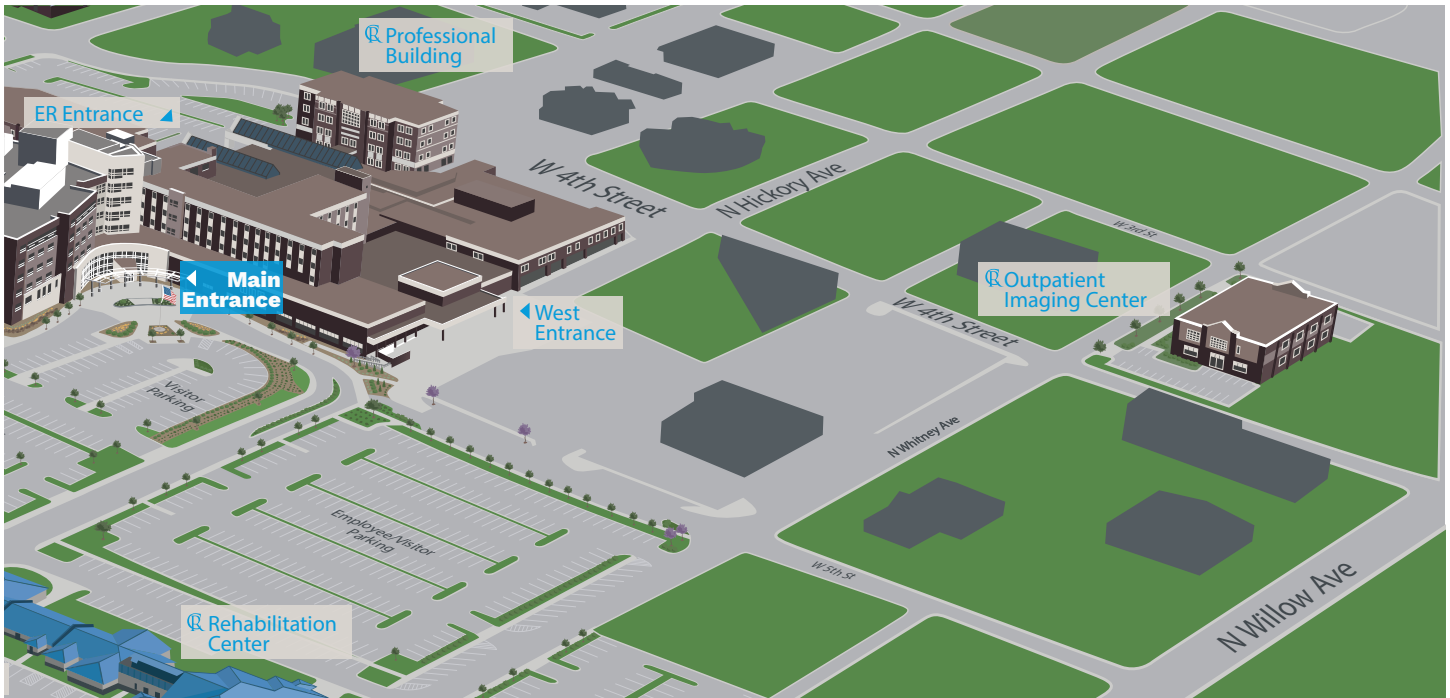


G Getting Out of Bed
and Walk through
the Hallways



H Head of Bed at
30 degrees
elevation





**One Medical Center Blvd.
Cookeville, TN 38501
931-528-2541**

