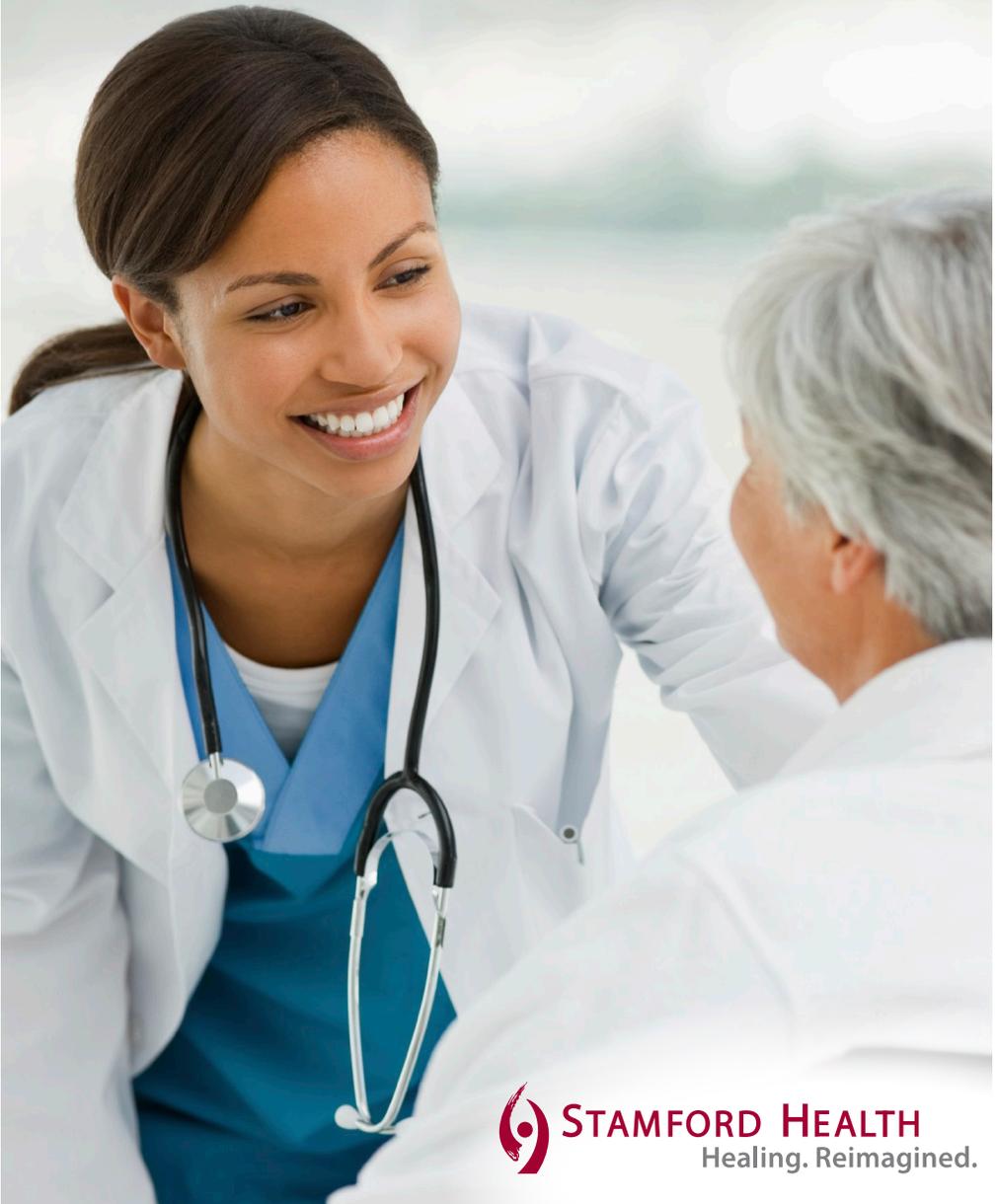


**Stamford Health**

**Patient Guide to Surgery**



 **STAMFORD HEALTH**  
Healing. Reimagined.

## Preparing for Your Surgery

Thank you for choosing Stamford Health for your upcoming procedure. As a Planetree hospital, we are committed to personalizing your healthcare experience for you and your family. Our approach is holistic and encourages healing in all dimensions—mind, body and spirit.

This brochure is a guide to help you and Stamford Health make your surgery successful. Enhanced Recovery After Surgery (ERAS) is designed to help you prepare for your surgery, before and after. ERAS aims to:

- minimize pain
- reduce length of hospital stay
- reduce complications
- get you back to your normal state of health as quickly as possible



Our team includes many healthcare professionals, such as physicians, nurses, physical therapists, pharmacists, and more. This team also includes YOU! This brochure will assist you in preparing you for your surgery and recovery.

## Before Your Surgery

The road to your recovery begins before your surgery. Following initial pre-surgical tests by and consultation with your personal physician, you'll be scheduled for additional screening through Stamford Health's Pre-Surgical Optimization Program—or POP—required for every person having an in-patient procedure that requires a stay in the hospital. Once your surgeon's office books your operation at Stamford Hospital, a preadmission testing nurse will call to set up your POP appointment that should take place one to two weeks before your surgery.

Your POP visit will last around 90 minutes during which you will meet the preadmission nurse and a Stamford Hospital physician—a Hospitalist—in collaboration with the Stamford Anesthesia group. The focus of this visit is to evaluate your health status prior to your surgery and to work with you (or a caregiver) to develop an individualized plan based on your medical and surgical history and postoperative needs. An important part of the visit is a thorough review of all the prescription and over-the-counter medications and supplements you are currently taking so please bring these with you to your POP appointment. Depending upon your overall health and the type of surgery you are having, the POP team will determine if additional blood work, x-rays or cardiograms are needed.

If your surgery is scheduled at the Tully Health Center, your surgeon will advise you on your pre-operative testing.

If you are hearing impaired or require a translator, please advise us so that we may make the necessary arrangements.

An insurance verification staff member will be calling you 48 hours prior to your surgery per regulatory requirements. This call will confirm insurance coverage and any out of pocket expenses.

## In Preparation for Your Procedure

- Exercise: Try to walk up to 10-30 minutes each day.
- If you are a smoker, please discuss cutting down with your surgeon.
- Shower once daily. After your shower use chlorhexidine 2% wipes after your shower once a day for 2 days prior to surgery and once the morning of surgery. The wipes can be purchased at your local pharmacy.
- A prescription for postoperative pain medication or equipment (crutches/brace) may be given to you during your pre-surgical evaluation. We advise you to fill all prescriptions prior to your surgery.
- Please clean your CPAP mask or nasal prongs and bring it with you. You do not need to bring your CPAP machine. For your comfort, please tell the nurse your home settings when you arrive for your surgery.
- Be sure to start all pre-medication and/or bowel prep per your physician's orders.

## Pre-Surgery Tour Video

If your surgery will take place at Stamford Hospital, we encourage you to watch the video tour of our surgery floor so you will know what you can expect when you come in for your surgery. The video will help you envision what the day of your operation will be like and will introduce you to some of the spaces and people you may see. You can view the video on our website at: [StamfordHealth.org/surgery](https://StamfordHealth.org/surgery).

## EMMI Educational Videos

Before your procedure you may wish to learn more about the planned surgery. EMMI is a web-based patient education program that is recommended by your surgeon and nursing staff. When you are called to verify your insurance information, you will be asked for your e-mail address. Stamford Hospital will set up the EMMI registration for you and the link to the site as well as a username and password will be emailed to you. By accessing this resource, you will be able to view short educational videos as well as receive other important safety information. Many of our patients find EMMI very informative and we ask that you view these educational materials. You will find a link to EMMI videos at: [StamfordHealth.org/patients-visitors/emmi/](https://StamfordHealth.org/patients-visitors/emmi/).

## On the Day of Surgery

**Stamford Hospital and the Tully Health Center have valet and self-parking available**

### Stamford Hospital

Valet Parking is available \$4 per day.  
Stamford Hospital has self-parking beginning at \$2 for the first 2 hours up to a maximum of \$20 per day.

### Tully Health Center

Valet Parking is available \$4 per day.  
The Tully Health Center has self-parking

## Registration:

**Stamford Hospital** - Please go to the 1st floor main reception desk.

**Tully Health Center** - Please go to the 3rd floor Surgery Center, as directed.

Upon arrival you will be greeted and directed to the preoperative area. Your family member or guest may wait for you in the preoperative area after the admission process.

A nurse will review your information, answer questions and prepare you for your procedure. At this time, you will change into a patient gown for surgery. If you wear glasses or contact lenses, you will be asked to remove them. If you wear jewelry, it will be removed, including wedding rings. If you wear a hearing aid, please have it with you.

An anesthesiologist will meet with you in the surgical area to discuss your anesthesia during the surgery.

In addition, anesthesia will work together with our pain management department to help manage your pain after your procedure. Your surgeon will see you before your surgery to confirm the procedure.

The surgical team will then greet you prior to the procedure and escort you into the operating room. Team members may ask you similar or repeat questions to confirm and ensure a safe surgical procedure occurs.

### After Your Surgery

When the surgical procedure is completed, you will be transported to the Post-Anesthesia Care Unit (PACU), where a clinical team will monitor your progress. Once you are awake, sitting up and drinking fluids, your family member or guest may join you.

Your surgeon will visit to see how you are doing. If you are staying overnight in the Hospital, the staff will transport you to the surgical floor. If you are going home the day of surgery, a staff member will provide and review your postoperative instructions. The staff member will accompany you and your family member or guest to your car after discharge. You will not be able to take a taxi or drive yourself home after having anesthesia. A family member or friend over the age of 18 years old must stay with you in your home for the first 24 hours, or your surgery will be cancelled. If you have any problems the evening or night of surgery, please call your physician's office or go to the nearest Emergency Room. Schedule your follow up appointment with your surgeon. Usually, it is scheduled within 2 weeks of your surgery.

### Hospital Admission

- Walk the day of surgery as directed. Physical therapy will be available if it was identified as needed during your POP.
- Continue walking daily for 10-30 minutes.
- Brush your teeth, performing oral care twice daily.
- Eat as many of your meals in the chair as possible. If you are not eating be sure to sit in the chair for at least 30 minutes.
- Eat, drink, chew gum, or suck on hard candy as instructed.
- Use your incentive spirometer (shown at right) for 10 breaths every hour every hour while you are awake. Ask your nurse for help if you do not remember how to use it.



*incentive spirometer*

### Stamford Health patients have access to our Get Well Network (GWN).

The GWN is on the TV in your room and allows you, among other things, to:

- Communicate with your healthcare team
- Be informed about your care
- Watch videos to educate you on your health condition, medications and procedure
- Have your prescriptions filled at the Stamford Hospital Walgreens Retail Pharmacy through our Med-to-Bed program. Med-to-Bed allows prescriptions and over-the-counter products to be picked up or delivered to your room in Stamford Hospital on the day of discharge. Stamford Hospital Walgreens Retail Pharmacy is located in the Nielsen's Gift shop on the ground floor. Hours of Operations are Monday through Friday, 9 am to 6 pm.

## After Hospital Discharge

After your discharge from same day surgery a nurse from Stamford Hospital will call you within 24 hours to check on you. Another nurse will call you after 30 days to see how you are doing. It is important for us to know how you are doing, if you have any questions or if there is anything else we can do for you.

- Do not lift anything greater than 10 pounds for at least 2 weeks after your surgery. Your surgeon will give you further instructions on exercise.
- Do not drive if you are taking any narcotics for pain.
- If you have reduced the amount you smoke, discuss with your physician how to safely quit. If you would like to use Stamford Health's smoking cessation program please call 203-276-QUIT. Please ask your nurse for a nicotine patch if you need one to help keep you comfortable for your stay at Stamford Health.

### Let your doctor know right away if:

- you have not had a bowel movement for more than 3 days.
- you have leg swelling and pain.
- you have chest pain.
- you have shortness of breath.
- you are having signs and symptoms of infection including:
  - wound opens, oozing pus
  - wound is warm/ hot to touch, red, painful to touch
  - fever of 101
  - severe pain in the area



*Healing Incision*



*Incision Becoming Infected*

Please discuss the wound care with your surgeon.

Thank you for trusting Stamford Health to perform your surgery. If you have any questions about your surgery, please contact your surgeon.

If you have any other questions, please see below.

### Questions, please contact:

Billing Customer Service:	203.276.7572
Stamford Anesthesiology Services:	203.348.2614
Stamford Pathology Group:	203.276.4067

### Other important phone numbers:

Hospital Day Surgery:	203.276.7016
Tully Surgical Center:	203.276.6169
POP:	203.276.4093
Lab Draw at Tully:	203.276.4840

Monday - Thursday – 7am - 8pm

Friday and Saturday – 7am - 4pm

### Lab Draw at Stamford Health

Main Hospital:	203.276.3437
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Monday-Friday – 7am-5pm

Saturday and Sunday – 9am - 12pm

# My Surgery Roadmap

Procedure:	Surgery Date:	Surgeon:
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## 1. Before Surgery:

- If you are sick with any illness, please notify your surgeon's office.
- Do not shave near the surgery area. If there is a rash or break in your skin near the surgical area, please inform your surgeon PRIOR to day of surgery.
- Follow any special instructions given by your other health care providers. Do not take any medications unless approved by your surgeon.
- Follow bowel prep instructions if having bowel surgery.
- No solid foods past midnight the night before.
- You can drink clear liquids up until 3 hours prior to surgery. Examples include: water, tea, coffee (no dairy), and Gatorade (no red).
- Get plenty of sleep 8-9 hours in clean pajamas and clean bed linens.

### Pre-Op Testing (POP):

Date:

Time:

### Day of Surgery:

Arrive at:

Time of surgery:

## 2. Morning of Surgery:

- Use chlorhexidine wipes after shower; DO NOT RINSE.
- Do not use any lotions, hairspray or perfumes.
- Do not wear any jewelry or any body piercings.
- Bring your insurance card and a photo ID. Do not bring other valuables.
- Bring any pertinent medical information including a list of all current, prescribed and over the counter medications.
- A parent and/or legal guardian must accompany all minors.
- At the surgery site, please check in at main desk; you will be instructed where to proceed from there.

### Medications:

Stop:

Take day of surgery:

## 3. After Surgery:

- A responsible adult (over 18 years old) is required to drive you home following surgery.
- We require that you have someone stay with you for the first 24 hours following your surgery. Transportation with a friend or relative is required, regardless of mode.

**Your procedure will be cancelled otherwise.**



### Stamford Health Bennett Medical Center

One Hospital Plaza  
PO Box 9317  
Stamford, CT 06904  
Phone: 203.276.1000

Affiliate: Columbia University College  
of Physicians and Surgeons

A Planetree Hospital

