



GENERAL SURGERY
**PREPARING
FOR SURGERY**

SURGICAL SERVICES DEPARTMENT
970-641-7240

WWW.GUNNISONVALLEYHEALTH.ORG



GUNNISON VALLEY HEALTH

HOSPITAL
SENIOR CARE CENTER
HOME MEDICAL SERVICES
ASSISTED LIVING
FAMILY MEDICINE CLINIC
MOUNTAIN CLINIC
HOSPICE AND PALLIATIVE CARE
FOUNDATION



WELCOME TO GUNNISON VALLEY HEALTH

Dear Patient, Family and Caregivers:

Thank you for choosing us for your surgery. We are committed to giving you the highest quality of care throughout your surgical experience.



As you are preparing for your surgery, it is perfectly normal to feel anxious and have questions. Rest assured that our team of surgeons, anesthesia providers, nurses, and other healthcare team members understand and want you to be comfortable and fully prepared for this experience. This book will guide you through the process of having surgery at Gunnison Valley Health. It covers what you need to know about preparing for surgery, your hospital experience and recovery.

We encourage you to be an active member of your healthcare team and ask questions along the way! Please read through the following information and checklist to help prepare you for surgery.

Once again, thank you for trusting us with your care!

– Your Surgery Care Team

GUNNISON VALLEY HEALTH

711 N. TAYLOR STREET
GUNNISON, CO 81230
(970) 641-3927

ONE MEDICAL PASSPORT PRE-SURGICAL ASSESSMENT

Once your surgery has been scheduled, you will get a text and/or email with directions regarding next steps and a link to fill out your **One Medical Passport**. If you haven't yet, please go online and fill out your **One Medical Passport** at the following link:

www.gunnisonvalleyhealth.org/surgery

Select the "PATIENT INFORMATION" link to be directed to instructions and a link to the **One Medical Passport** and complete the pre-surgical assessment.

Please be aware, the **One Medical Passport** is not found within the Gunnison Valley Health online patient portal which you may have previously set up.

The following information will be needed to complete your **One Medical Passport**:

- Current medications: this includes prescriptions, supplements and over the counter medications as well as dose, frequency and reason for taking each medication.
- Any medical conditions and past surgeries.
- Name and contact of your primary care physician and any specialty physicians.

Once your **One Medical Passport** is complete, our nurses and anesthesia providers will look it over and contact you if any further information is needed prior to your surgery. If no further testing or information is needed, you will receive a text or email confirming you are all set for surgery. You will then receive a pre-op call to confirm your surgery time one to two days prior to surgery. **Please keep your surgery day open and flexible as the time you were originally scheduled for is subject to change up until the evening before surgery.**

**FOR QUESTIONS PLEASE CONTACT THE SURGICAL SERVICES DEPARTMENT AT
970-641-7240**

PRE-SURGERY CHECK LIST

Please use the checklist below as you prepare for your surgery.

AS SOON AS POSSIBLE:

- Fill out One Medical Passport online as instructed on previous page.
- Schedule any pre-op clearance appointments required by your surgeon or anesthesia provider.
- Arrange for **24-hour post surgical caregiver and ride home**, this is a **requirement** for your surgery to proceed.
- Discontinue any medications you were instructed to stop prior to surgery on the date you were instructed to stop them.
- Stop shaving surgical site one week prior to surgery (this includes waxing or “nair”).
- Read pre-op shower guide, pick up soap at hospital if needed or buy Hibiclens or antibacterial soap at the grocery store.

THE NIGHT BEFORE YOUR SURGERY:

- Shower with Chlorhexidine/Hibiclens soap (or antibacterial soap, such as Dial Gold), refer to instructions below.
- Remove ALL jewelry and piercings.
- Remove all nail polish, especially on surgical extremity as it can increase your risk for infection.
- Sleep in clean sheets and clothes.
- Nothing by mouth after midnight, including: food, water, gum, chewing tobacco, lozenges. **Failure to follow this instruction may result in a delay or cancellation of your surgery. You may brush your teeth without swallowing water.**

THE DAY OF YOUR SURGERY:

At home:

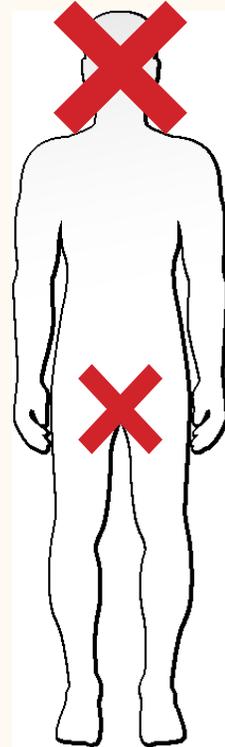
- Take only medications you were instructed to take by the surgery department with a small sip of water.
- Shower with Chlorhexidine/Hibiclens soap (or antibacterial soap, such as Dial Gold), refer to instructions below.
- Dress in loose comfortable clothing that will fit over bulky surgical dressings.
- Arrive to hospital (emergency department entrance if prior to 7:30 a.m., Main/North entrance if after 7:30 a.m.) and contact surgery department as instructed in your pre-op phone call.

HOW TO CLEAN YOUR SKIN PRIOR TO SURGERY

Cleaning your skin before surgery can reduce the risk of an infection after surgery. You will receive a special soap called Chlorhexidine/Hibiclens from your surgeon's office or you can pick this up at Gunnison Valley Health admissions desk or the surgery department.

DO NOT use Chlorhexidine/Hibiclens on your face, head, genitals or in any open wounds or if you have an allergic reaction (rash, redness, itching).

If unable to use or obtain Chlorhexidine/Hibiclens soap you may use any antibacterial soap, such as Dial Gold.



DETAILED INFORMATION REGARDING THE DAY OF YOUR SURGERY

ABOUT YOUR ANESTHESIA

On the day of your surgery, your anesthesia provider will meet with you to discuss your medical history, any recent testing results and prior experiences having anesthesia. They will explain to you the different types of anesthesia and pain control options and then determine an anesthetic plan for your surgery.

It is the policy of the Gunnison Valley Health Surgery Department that all women of childbearing age (onset of menarche – post menopause) be asked to take a urine pregnancy test through the hospital prior to receiving anesthesia.

Types of anesthesia available:

- General Anesthesia
- Monitored Anesthesia Care
- Regional Anesthesia
- Spinal Anesthesia
- Nerve Block



DETAILED INFORMATION REGARDING THE DAY OF YOUR SURGERY

SURGERY DELAYS

The time of your surgery is approximate and unavoidable delays or time changes can occur. Please ensure that we have the best contact number to reach you and be close to your phone on the day prior and day of surgery so that we may notify you of any time changes with your procedure. We thank you for your patience and understanding.

THE OPERATING ROOM

In the Operating Room your heart rate, blood pressure and oxygen level will be monitored. The anesthesia team member assigned to you will then administer medication previously discussed with you and your surgeon.

AFTER YOUR SURGERY

After surgery you will be taken to the Post Anesthesia Care Unit (PACU), aka the recovery area, a special unit designed to monitor your health after surgery. During your stay in PACU, the nursing staff will monitor your vital signs and overall condition to ensure that you are responding appropriately. Once you achieve set criteria, you will be evaluated for discharge to home, or inpatient services. The length of time spent in PACU is typically about one hour but may be longer depending on your condition.

YOUR COMFORT

Surgical procedures may result in minimal discomfort to severe pain. Everyone experiences pain differently and managing your discomfort is of primary importance to us. Our goal is to partner with you to set safe comfort goals. We will assess your pain throughout your recovery and treat it with various interventions including medication, ice, positioning, etc. You will be discharged when your pain is at a level that you feel can be managed at home. A plan to manage any pain or discomfort will be discussed with you, your caregiver and your recovery nurse.

YOUR DISCHARGE

From the recovery area you will be discharged to home or to the patient care unit (PCU). In all cases, patients must meet the criteria for safe discharge from PACU as defined by Gunnison Valley Hospital. If you are a surgery patient going home the same day, you must have a responsible driver and a caregiver for the first 24 hours after surgery. When you are discharged, you will be given written instructions that are specific for your surgery. You will be provided information about what to do if you experience any unforeseen complications as a result of your surgery, such as bleeding and symptoms to look for that may indicate an infection. If you experience ANY surgery-related problems after your discharge, contact your physician immediately for advice. After same day surgery, a member of the nursing staff will telephone you the next business day and two weeks after your surgery to follow your progress and to assist you and your family with whatever questions may arise. If you have questions, please call us at 970-641-7240 (Monday through Friday 7 a.m. to 5 p.m.). If you need to talk to your surgeon, please call their office during business hours or for afterhours please call the hospital at 970-641-1456. If there is an emergency please call 911.

DETAILED INFORMATION REGARDING THE DAY OF YOUR SURGERY

ADMISSION TO OUR FACILITY

When overnight observation or extended stay is needed, you will be taken to your hospital room directly from PACU. Family and Friends can join you in your room after you are transferred to the patient care unit (PCU) located on the first floor of the hospital. Any personal belonging stored by PACU will be brought to your room. When you arrive in the room you will meet your new nursing care team and be shown how to use the nurse's call light for help. As always, you remain a partner in your care and recovery; ask questions when you have them and give feedback that will aid in your recovery and discharge home.

FAMILY, CAREGIVERS AND VISITORS

Our goal is to keep your family/caregiver as informed as possible. You may have one family member with you in the pre-operative holding room and during surgery your family/ caregiver may wait in the surgery waiting area. Your family/caregiver will need to let the pre-op nurse know where they can be reached while you are in surgery. Once your surgery is complete the operating room nurse will call a designated family member/caregiver and the surgeon will speak to your family. Your PACU / Recovery nurse will do his/her best to keep your family updated on progress in the recovery room. There is a phone available in the waiting room for your family/caregivers to contact the Surgical Services Department for updates or they may call 970-641-7240 at any time.

DRIVING DIRECTIONS GETTING TO GUNNISON VALLEY HEALTH

From the North (Crested Butte, Almont):

- Head South on Highway 135.
- Turn left on East Denver Avenue, heading east.
- Go 6 blocks and turn left on N. Colorado St.
- The main entrance and parking area for the hospital will be on your left.

From the South (Town of Gunnison, East and West on Highway 50):

- Head into Gunnison on Highway 50.
- Turn North at North Main Street (Highway 135)
- Turn right on East Denver Avenue, heading east.
- Go 6 blocks and turn left, heading north, on N. Colorado St.
- The main entrance and parking area for the hospital will be on your left.

THANK YOU FOR CHOOSING GUNNISON VALLEY HEALTH FOR YOUR UPCOMING SURGERY. WE STRIVE TO MAKE THIS SURGERY A POSITIVE EXPERIENCE FOR YOU.