



HSHS
St. Joseph's
Hospital | Highland



SURGERY GUIDE

Important Pre-Surgical Instructions

Steps prior to surgery day:

Step 1

After you and your physician decide to have your procedure done at HSHS St. Joseph's Hospital, you may be asked to see your primary physician to have a History and Physical completed within 30 days of your scheduled procedure. Your surgeon's office will make you aware if this is needed.

Step 2

A surgical nurse will be calling approximately one week prior to the procedure between the times of 8 a.m. to 4 p.m. to discuss your upcoming procedure. If there are any changes to your health information after this phone call is done, please contact the outpatient surgery department at 618-651-2770 to report any changes.

Step 3

HSHS St. Joseph's Hospital pre-access department may contact you regarding insurance information. This call is to confirm personal information and to discuss any co-pays if needed prior to your surgical procedure. Our registration department can direct you to possible avenues for financial assistance if necessary.

THE DAY OF YOUR SURGERY:

Do not eat after _____

Do not drink clear liquids after _____

Date of surgery _____

Arrival time for surgery _____

Your Physician: _____

HSHS St. Joseph's Hospital Highland | 618-651-2600

Outpatient Surgery Department | 618-651-2770

Central Scheduling (To schedule pre-operative imaging tests) | 618-607-5600

Financial Office | 618-651-2553

*** PLEASE NOTE:** This Surgery Guide helps us to provide you with an exceptional experience. If you have not spoken to a Surgery Nurse by 2 p.m., one business day before your surgical procedure, please contact 618-651-2770 so it does not result in a delay, postponement or possible cancellation of your procedure.

HSHS St. Joseph's Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 217-347-1423.

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 217-347-1423.

Driving Directions

FROM I-70 EAST

- Take the IL-143 exit - EXIT 24 - toward MARINE/HIGHLAND
- Turn RIGHT onto IL-143
- Turn LEFT onto TROXLER AVENUE
- Follow TROXLER AVENUE, go through POPLAR STREET INTERSECTION and turn RIGHT into the HSHS St. Joseph's Hospital campus

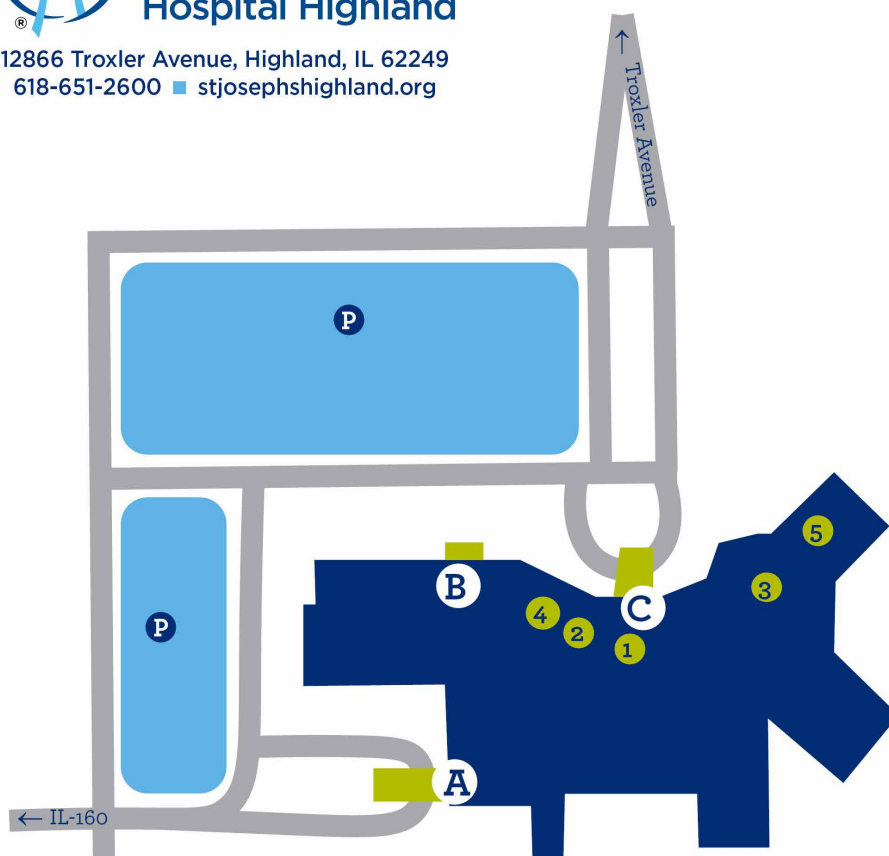
FROM I-70 WEST

- Take the US-40 exit - EXIT 30 - toward PIERRON/HIGHLAND
- Turn LEFT onto US-40
- Turn RIGHT onto TROXLER AVENUE
- Main hospital entrance will be a short distance on your LEFT



HSHS
St. Joseph's
Hospital Highland

12866 Troxler Avenue, Highland, IL 62249
618-651-2600 ■ stjosephshighland.org



ENTRANCES/PARKING

- A** Emergency | PrimeCare
- B** Patient Entrance
Medical Office Building
- C** Main Entrance
Lobby | Registration | Gift Shop
Cafe
- P** Parking
Patient | Visitor | Colleagues

AMENITIES

- 1** Registration
- 2** Gift Shop
- 3** Cafe
- 4** Conference Rooms
- 5** Chapel

Preparing for Surgery

Instructions for the patient receiving general or monitored anesthesia care.

PRE-OP PHONE CALL OR VISIT

A discussion with the pre-admission nurse will allow staff to obtain your medical history (including previous surgeries and medications), review any preparatory instructions provided by your physician (such as lab work or other tests) and briefly describe the surgical procedure you are scheduled to receive. If you require additional testing, such as lab work or EKG, it can be completed at St. Joseph's Laboratory Department. A nurse will help schedule this if required.

LABORATORY DEPARTMENT:

Monday - Friday: 7:00 a.m. - 4:30 p.m.

HOME MEDICATIONS

At HSHS St. Joseph's Hospital, we are very concerned with your health and safety. To ensure your safety, it is very important that we know ALL the medications you are taking when you come for surgery. This includes all prescription medications you take (including insulin), any over-the-counter medications and supplements. This also includes any vitamins, herbal medicines or mineral supplements.

THE NIGHT BEFORE SURGERY

- Eat a light supper.
- Do not take any drugs, except those prescribed by your physician.
- Do not drink any beverages containing alcohol.
- You may be asked to shower with a special soap provided by the hospital. If this is required, you will be given instructions on how to use it.
- **EATING OR DRINKING ANYTHING AFTER MIDNIGHT DEPENDS ON YOUR TIME OF SURGERY. FOLLOW ALL INSTRUCTIONS PROVIDED BY THE NURSE.**
- Notify your physician if you develop a fever, nausea, vomiting, diarrhea or unusual pain.

The Morning of Surgery

- **DO NOT SMOKE! DO NOT USE SMOKELESS TOBACCO (CHEWING TOBACCO)!**
- **DO NOT CHEW GUM!**
- Brush your teeth, but **DO NOT SWALLOW ANY OF THE WATER!**
- Do not wear facial makeup.
- Bring a container for contact lenses eyeglasses.
- Wear comfortable, loose-fitting clothes, such as a jogging suit.
- Leave all valuables at home, including jewelry, credit cards and large sums of money. We cannot be responsible for lost valuables.
- You may want to bring a book to read or favorite non-friction toy for a child having surgery.
- Bring a care partner, a responsible adult who will drive you home after you're discharged.
- Your physician or pre-surgery nurse may inform you of any medications you may need to take the morning of surgery.

Anesthesia Information

No matter what procedure you are having, you want to know that you will be safe and comfortable. Your anesthesia provider is a key member of your health care team.

BEST TYPE OF ANESTHESIA FOR YOU

The type of anesthesia to be used is based on your physical condition, type of surgery, previous anesthesia history, reactions to medications, and the pre-operative visit and evaluation. Your family physician, surgeon, and CRNA will consult with you on the decision and discuss the process prior to surgery. Each case is evaluated individually. The CRNA must know your medical history, all prescription, and non-prescription medications you use and whether you have allergic reactions to drugs or food.

Types of Anesthesia

GENERAL ANESTHESIA

General anesthesia lets you sleep during the procedure and keeps the entire body free from pain. The patient is totally unaware of the surgical procedure, and heart rate, blood pressure, and blood oxygen level are monitored during the procedure.

Risks and Complications

All anesthesia carries some risk. Risks and complications for General Anesthesia include:

- Breathing problems
- Nausea and vomiting
- Sore throat or hoarseness
- Allergic reaction to the anesthetic
- Rare: Confusion after the anesthesia
- Rare: Irregular heartbeat, cardiac arrest, stroke, death

REGIONAL/LOCAL ANESTHESIA

Regional anesthesia numbs a region of the body and keeps that area free from pain. You can also be sedated to help you relax. Local anesthesia numbs only a small area of the body.

NERVE BLOCK

A nerve block numbs a small area of the body, such as an arm or leg. During a nerve block, your skin is numbed so a needle can be inserted near nerves that serve the area to be numbed. The anesthetic is sent through the needle.

SPINAL ANESTHESIA

Spinal anesthesia is an injection of numbing medicine into the spinal fluid causing numbness throughout the lower half of the body. Patients are usually sedated as well.

A **certified registered nurse anesthetist (CRNA)** is an advanced practice nurse who graduated from an accredited school of anesthesia, has knowledge of and the qualifications to administer anesthetics.

EPIDURAL ANESTHESIA

With epidural anesthesia, a small tube is placed into the space surrounding the spinal cord causing a band of numbness over the surgical site and is usually used for pain relief following surgery.

Risks and Complications

All anesthesia carries some risk. Risks and complications for regional anesthesia include:

- Nausea and vomiting
- Headache, backache
- Decreased blood pressure
- Allergic reaction to the anesthetic
- Rare: injury to nerves and blood vessels
- Rare: irregular heartbeat, cardiac arrest

WHAT DOES THE CRNA DO?

The anesthesia team ensures your safety and comfort by constantly monitoring your vital life functions throughout the surgical procedure and during post-operative care. The team manages perioperative care also, reviews your history, examines you and may recommend tests, medications, and anesthetics. The CRNA will administer anesthetics and review your record, before and after surgery, and may recommend tests and medications.

DURATION OF ANESTHESIA

Duration of anesthesia depends on what the procedure requires. Pain can be eliminated for a few minutes or several hours.

PREVENTION OF COMPLICATIONS

Many precautions are taken before and during anesthesia to prevent complications. On the day of surgery, follow your physician's instructions. (Do not consume food, water, vitamins, or over-the-counter medications.) You may take prescription medication with a small amount of water. Your physician should be notified immediately if there is even a minor change in your physical condition, such as a cold, flu or chills, prior to surgery.

PERIPHERAL NERVE BLOCK FOR PAIN CONTROL AFTER SURGERY

What is it and why do I need it?

A peripheral nerve block is a way to “turn off” pain signals in a specific area of your body, such as your knee, leg, shoulder or arm. It’s used to prevent pain during surgery and as you heal afterward. After surgery, the nerve block can reduce your need for other pain medications that have more side effects.

Talking with your doctor

Before your surgery, your doctor and anesthesia staff will meet with you to describe the peripheral nerve block. They will discuss the benefits, risks and alternatives on the day of your surgery. Don’t be afraid to ask questions. Your discussion is the most important part of learning what to expect.

Potential benefits

- Pain relief during and after surgery
- Shorter recovery period
- Reduced need for oral pain medications that could have more side effects
- Few complications

Risks and potential complications

Complications are rare, but can occur with an anesthesia procedure. They can include:

- Failure to relieve pain – in this care, other methods of pain management would be used
- Bleeding or bruising
- Infection at the injection site
- Damage to nerves
- Allergy to the medication used
- Death (extremely rare)

Alternatives

- Pain medication taken by mouth
- Pain medication given through an IV (intravenous line)

How is the nerve block given?

A peripheral nerve block is given by a Certified Registered Nurse Anesthetist (CRNA), who specializes in controlling pain during surgery. The CRNA will inject numbing medication around the nerves that control movement, pain and feeling.

What can I expect?

Getting a nerve block is usually no more painful than getting an injection or an IV. This is what you can expect:

When it’s placed

- In most cases, the nerve block will be placed before your surgery, while you are awake. This allows you to tell your provider what you feel and makes the nerve block safer.

How it’s placed

- The CRNA may numb your skin with an injection before placing the nerve block.
- You may also be given a mild sedative to help you relax.
- Your CRNA may use an ultrasound or other machine to help position the nerve block in the right place.

How you’ll feel

- The limb may feel numb, tingly, or heavy as the nerve block takes effect.
- You may be given additional pain medication to control pain in other parts of your body.

What do I need to do after surgery?

Ask your CRNA when you can expect the nerve block to wear off. While it’s in effect you may not be able to feel anything in the area. That means you’re at greater risk for injury or falls. These are ways you can protect yourself:

Reposition yourself.

While resting, reposition yourself from time to time. This will help prevent you from putting too much pressure on one area. You may need help to do this.

Ask for help.

While you have decreased sensation, you will need assistance with daily activities. Someone should help you continue to use assistive devices as directed by physical therapy or MD.

The Day of Surgery

ARRIVAL

When you arrive at the hospital you may park in the patient areas of the hospital lot or pull under the canopy for valet parking. Please enter through the main hospital entrance. When you enter, please check in at the front desk. After registration, you will be escorted to the outpatient surgery department.

For your safety, you will be asked many of the same questions you may have answered already. These include: your name, your birth date, the name of your surgeon, and the correct side to be operated on.

You will be asked to change into a hospital gown and remove all jewelry, dentures, hearing aids, glasses, hair pins, and undergarments. Plan to have your family or guest hold your belongings during surgery.

A nurse will start your IV and collect any necessary lab work if this is required for your surgery.

Your surgeon will visit you to review any last-minute questions you may have. Your surgeon may also use a special marker to write on your surgical site. This will be done if your surgery is to be performed on your left versus the right side of your body and is done for your safety.

When it is time for your surgery, the operating room nurse will come to your room, verify all the same information one last time with you, and take you to the operating room.

IMPORTANT CONSIDERATIONS

You will be asked to arrive at least 60-90 minutes before your surgery to allow time for the surgical team and your doctor to meet with you and prepare you for surgery. We try very hard to provide accurate arrival times so that you do not have to wait. There are instances when a surgery is delayed due to an unexpected emergency. Please be patient. You will receive the same compassionate and dedicated care that someone else is receiving while you wait.

WHILE YOU ARE IN SURGERY

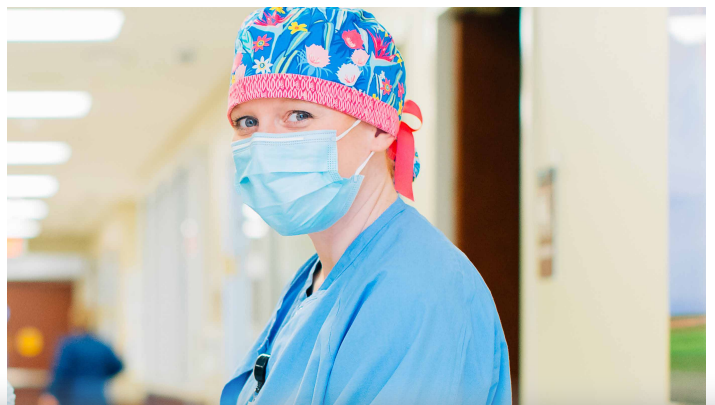
A limited number of family members may stay with you in your room prior to you being transported for your procedure. Family members can wait in your pre-op room or in the waiting room while you are in surgery. If your family member or guest needs to leave the hospital while you are in surgery, they can leave a telephone number and a nurse will contact them with updates.

SPECIAL NEEDS

Your surgical team is committed to providing you with excellent care. We strive to be sensitive and responsive to your individual needs. If you have any specific requests or need special accommodations, please let us know so we may assist you.

AFTER SURGERY

After a procedure under anesthesia, you may be moved to the post-anesthesia room for approximately one hour. Here, the certified registered nurse anesthetist (CRNA) will observe you, and specially trained nurses will monitor your life functions and ensure your comfort. Your care partner will be able to stay with you when you return to your room. Prior to discharge, you will be given written home care instructions. Please follow them closely. If you have any questions about your condition after you return home, contact your physician. Call emergency services if your physician or his/her alternate is unavailable.



**If you do not understand this information,
please ask a member of the surgical team.**

THANK YOU

On behalf of our entire surgical team, thank you for choosing HSHS St. Joseph's Hospital Highland for your upcoming surgical procedure. We realize that having surgery may be an unfamiliar experience and that you may have questions before and after surgery. It is not unusual to feel apprehensive undergoing surgery. Your entire health care team including your surgeon, anesthesia provider and nursing staff are fully committed to working together to help you understand what to expect for your procedure. We are committed to providing exceptional patient care, promoting patient education, and enhancing patient safety.

This guide will help you prepare for surgery and answer questions many patients often have about surgery. However, if you have additional questions, please do not hesitate to contact us so we may assist you.

You may receive a survey in the mail after your visit at HSHS St. Joseph's Hospital Highland. This is an independent company contracted to conduct a patient survey.

Please let us know how we are doing so we can better serve your needs. We greatly appreciate your participation.

Please visit stjosephshighland.org for any further information regarding services provided at HSHS St. Joseph's Hospital Highland.

Sincerely,
Your Surgery Team

