Patient Surgery Information

Thank You for choosing The Bryn Mawr Hospital for your surgery. Main Line Health is extremely committed to superior health care for you and your family. We are providing this information to help you prepare for surgery. If you have any questions, please call 484-337-4541 or 484-337-4515.

Prior to your surgery, a hospital representative will call and confirm your surgery date, and insurance information. A pre-operative nurse will also contact you to review your medical history, and give you instructions to prepare for surgery.

In order to prepare for your surgery, the following information is required:

- Complete and fax the Bryn Mawr Hospital Health Questionnaire to **484-337-4518.**
- A History and Physical must be completed within 30 days of your surgical procedure. This can be performed by your surgeon or your family doctor.
- If a physician is needed to complete your history and physical, Dr. John Hobson, and Dr. Madeline Danny, are available.

Dr. John Hobson	**Dr. Madeline Danny**
937 Haverford Road	875 County Line Road
Bryn Mawr, Pa 19010	Bryn Mawr, Pa 19010
610-527-8844	610-525-3332

- Lab, EKG, X-Rays, medical clearances, such as cardiac, pulmonary, neurologic, or other studies may be required prior to surgery. Your surgeon's office or the pre-operative nurse will inform you of needed tests.
- Please inform the surgical coordinator in your surgeon's office of any health issues.

FAX FORMS and TESTING TO PRE-OPERATIVE ASSESSMENT AT 484-337-4518

Bryn Mawr Hospital Testing Locations:

Warden Lobby/Main entrance to hospital		**484-337-4570**
Lab Tests	Monday-Friday	7:00 am-7:00 pm
	Saturday	7:00 am-12:00 pm
Radiology (x-ray)	Monday-Friday	7:00 am -7:00 pm
	Saturday	7:00 am-12:00 pm
EKG	Monday-Friday	8:00 am-4:00 pm

Susquehanna Bank Building (101 Bryn Mawr Ave.)		**484-337-8768**
Lab Tests	Monday-Friday	7:30 am -3:30 pm
Radiology (x-ray)	Monday- Thursday	7:30 am -8:00 pm
	Friday	7:00 am -5:00 pm
	Saturday (X-rays only)	8:00 am-12:00 pm

BMH Health Center, Newtown Square (3855 West Chester Pike) 484-337-6145		
Lab Tests	Monday-Thursday	7:00 am -5:00 pm
	Friday	7:00 am -4:30 pm
Radiology	Monday-Wednesday	8:00 am -5:00 pm

	Thursday-Friday	8:00am - 4:30 pm
EKG **(By appt. only)**	Monday-Friday	8:00am -4:00 pm

If you choose to have your testing done at another facility, please fax the results to 484-337- 4518.

Surgery Arrival Time

- Please call 484-337-4561 between 3:00 to 5:00 p.m. **the day before your surgery** to receive your arrival time. If your surgery is scheduled on Monday, call the Friday prior.

Parking (See map)

- Valet parking - Warden Lobby entrance off Old Lancaster Road. Hours are Monday-Friday 6:00 am-8:00 pm.
- Garage parking-- off Old Lancaster Road. Seniors, over 65, who use self parking, pay $2.00 with unlimited hours.
- Several municipal lots are within walking distance to the Hospital.

EATING AND DRINKING INSTRUCTIONS

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. THIS INCLUDES CHEWING GUM, TIC TACS OR MINTS.**
- You may brush your teeth. Do not swallow any water.

Shower

- To reduce the risk of infection, please shower with Hibiclens, (Chlorhexidine Gluconate) the night before and morning of your procedure. This product is available over the counter at your local pharmacy. Please avoid using Hibiclens directly, on your face or genitalia, follow directions printed on the label. If you have a dressing or cast, follow your doctor's directions in keeping them dry during your shower.

Medications

- A pre-operative nurse will give you instructions on medications to take the morning of your surgery. If you are a diabetic, contact your medical physician, to obtain your medication/insulin needs for the day of surgery. .

Clothing/Jewelry

- Wear comfortable clothing. Do not wear any jewelry, including body piercing. This is a safety precaution to prevent injury. Leave valuables at home.

Contacts/glasses/dentures

- Do not wear contacts day of surgery. If you wear glasses, hearing aides, dentures, or other prostheses, they will be removed prior to surgery.

Day of Surgery

- On the day of your surgery, report to the Warden Lobby Registration area, (see map), located on Old Lancaster Ave. Please bring identification, insurance card(s), and any co-payments. If you have a power of attorney or a living will, bring a copy with you.
- Once registration is complete, you will be escorted to the Surgical Waiting Room or the Surgicenter.

Pre-op Unit

- The pre-op nurse will greet and prepare you for surgery. This includes changing into a hospital gown, taking your temperature, blood pressure, oxygen level and reviewing your health information. An intravenous line will be started.
- The skin at the surgical site may need special preparation. **Please do not shave the surgical area for 1 week prior to surgery.** If a prep is indicated, we will use clippers for the hair or scrub the area with a special soap. The surgeon, in collaboration with you, will mark your surgical site.
- The Staff will be checking your name band, date of birth, allergies and the surgical site. These multiple safety checks will be conducted throughout your hospital stay.

Anesthesia

- Your anesthesiologist will review your health history, prescriptions, over the counter medications, herbal remedies and confidential information regarding alcohol and recreational drug use. This information is crucial and must be accurate to ensure that the best and safest anesthesia care will be given to fit your needs.
- You will be required to sign a consent form allowing the Anesthesiologist to give you anesthesia. We encourage you to ask questions to increase your comfort level.
- Your anesthesiologist, in consultation with your surgeon, will determine the best type of anesthesia to meet your needs based on type of surgery, age, health, and personal information you provided.
- Your anesthesiologist will be in the operating room constantly throughout your surgery.

Operating Room

- When you arrive in the operating room, your OR nurse and anesthesiologist will greet you. They will be wearing gowns, hats and masks. You will be placed on the operating room table and covered with warm blankets.

Post Anesthesia Care Unit (PACU) or Recovery Room

- When your surgery is completed you will be transferred to PACU. The nurses and anesthesiologist will monitor your breathing, heart and blood pressure.
- Your post-operative pain will be assessed, using the pain scale of 0 (no pain) to 10 (severe pain). This is performed frequently to provide adequate pain relief and comfort.

Discharge

- The nurse will review and give you a copy of your discharge instructions. You may also receive a prescription and instructions for a surgical follow-up visit.
- You **will not** be able to drive if you had general anesthesia or sedation. Please arrange for someone to stay with you and take you home.
- It is recommended that our Surgicenter patients arrange for someone to stay with them for the first 24 hours.
- To prevent surgical site infections, wash your hands with soap and water for 15 seconds, and dry with a clean towel, prior to touching or changing your dressings at home.

CONTACTS FOR QUESTIONS

Department	Telephone Number
Bryn Mawr Hospital Registration	484-337-4560
Pre-Operative Assessment Nurses	484-337-4541 484-337-4515
Victoria Garafolo, Registration	484-337-4560
Barbara Thompson, Coordinator, Pre op Assessment Nursing	484-337-4977 484-337-4541
Main Line Health Patient Financial Services	484-337-6060

Day of surgery, if your needs change and must cancel surgery, please call:

Main Hospital Operating Room – 484-337-4905 or 484-337-4900
Surgicenter – 484-337-4263 or 484-337-4264

Computer Needs

- Bryn Mawr Hospital is wireless for your computing needs. You can bring in your notebook to use while waiting.

Special Considerations

- Bryn Mawr Hospital is sensitive to the special needs of all of our patients. Contact our Pre-Operative Nurse for any concerns or special needs.
- For patients who do not speak English, we can provide an interpreter.

Thank you for choosing Bryn Mawr Hospital for your surgical needs and the opportunity to care for you.

- Surgicenter patients will receive a phone call the next day. This is an opportunity to answer any questions you may have, and check on your progress. If your surgery was Friday, the call will be placed on Monday.
- In the mail, you may receive a survey to complete for additional comments. We appreciate your feedback.

Speak UP™

Take an Active Role in Your Surgical Procedure

Our Mission and Our Goal: The Goal of the **Speak Up** program is to help patients become more informed and involved in their healthcare.

Preparing for your surgery:

Ask your Doctor:

□ Are there any prescription or over-the counter medications or herbal remedies that you should NOT take before your surgery?
□ Can you eat or drink before your surgery?
□ Should you trim your nails, remove nail polish or artificial nails?
□ If you have any other questions, write them down and address them with your doctor.

Ask someone you trust to:

□ Take you to and from the surgery facility.
□ Be with you at the hospital or surgery facility. This person can assist with your care and help provide support.

Before you leave home…

□ Shower & wash your hair. Do not wear make-up, perfume, powder or body lotion.
□ Jewelry & piercings should be removed and left home. No valuables or money should be brought to the surgery facility.
□ Wear comfortable clothing.

At the Surgery facility: The staff will review your informed consent form.
Read it carefully. It lists:

□ Your name
□ Your agreement to have the surgery
□ The kind of surgery you will have
□ The risks of your surgery
□ That you talked to your doctor about the surgery and asked questions.

Make sure that everything on this form is correct. Make sure all of your questions have been answered. If you do not understand something on the form – **speak up.**

For your safety, the staff may ask you the same question many times. Such as:

□ Who are you ?
□ What kind of surgery you are having ?
□ The part of your body to be operated on ?
□ They will double check the records from your doctor's office.

Before your Surgery…

□ When appropriate, the operative site on your body will be marked by your physician. Not all surgeries are marked. Make sure they mark only the correct part and no where else. This helps avoid mistakes. Collaborate with your surgeon concerning the correct marking of the surgical site.

□ Marking usually happens when you are awake. Sometimes you can't be awake for the marking. Whenever appropriate & possible, a family member or companion is encouraged to be involved in the site marking.

□ Your neck, upper back or lower back will be marked if you are having spine surgery. The surgeon will confirm the exact place on your spine x-ray.

The staff in the operating room, or surgical team (surgeon, anesthesiologist, RN, surgical technician) will conduct a "Time-out" to confirm the correct surgery, correct body part and side. The staff in the OR, work as a team to provide the safest possible patient care. They are advocates while you are having surgery.

After your Surgery…

□ Tell your nurse or doctor about any pain or discomfort you are experiencing. Your nurse will ask you to rate your pain on a scale of 1-10, so that you can be treated appropriately. It is important to us to help relieve your pain (or reach a state of comfort).

□ Ask questions about medicines that are given to you, especially new ones. What are they? What are they used for? Are there any side effects? Tell your caregivers about any allergies you have. If you have more questions about a medicine, talk to your doctor or nurse before taking it.

□ Find out about any IV (intravenous) fluids that you are given. These are liquids that drip from a plastic bag into your vein. If you experience any discomfort at the IV site, notify your nurse.

□ Ask your doctor when you can resume activities like, work, exercise and travel.

□ Discharge instructions will be discussed with you prior to leaving the hospital.

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THE BRYN MAWR HOSPITAL *Please Fax to 484-337-4518*

HISTORY

C.C:

HPI:

PMH:
- *Illness*
- *Operations*
- *Injuries*
- *Preg – ect.*
- *Growth & Development*

FH:
- *Parents*
- *G. Parents*
- *Siblings*
- *Children*
- *Spouse*

SH:
- *Alcohol*
- *Tobacco*
- *Drugs*
- *Habits, ect.*
- *Sex*

Systemic Review:
- *EENT*
- *Resp.*
- *C-V*
- *GI*
- *GU*
- *Neurol*
- *Musculoskeletal*
- *Psyche*
- *Allergies*
- *Medications*

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PHYSICAL EXAMINATION

Please Fax to 484-337-4518

Name _____ *MR #* _____ *Date* _____

General
- *Apparent age*
- *Condition*
- *Appearance*
- *Race, sex, etc.*

Weight _____ *Blood Pressure* _____ *Pulse* _____ *Temperature* _____ *Respirations*_____

Head:

EENT:

Neck:

Breasts:

Chest & Lungs:

Heart and Vascular:

Abdomen:

Rectal:

Pelvic:

Musculoskeletal:

Neurol.:

Impressions:

H&P reviewed, the patient was examined, "no change" has occurred in the patients condition since H&P was completed, treatment still indicated.

Changes noted as follows:

_____

_____

Treatment still indicated ____YES _____NO

Physician Signature

_____

Date/Time: _____

_____M.D.
Intern or Resident

_____*M.D.*
Attending Physician

Date: _____

Date : _____

HEALTH QUESTIONNAIRE **Location of Surgery: ☐ BMH ☐ BMHSC ☐ LH ☐ LHSC ☐ PH**

Name: _____ M _____ F_____ Age: _____ DOB: _____Ht: _____ Wt: _____

Surgeon: _____ Primary Physician: _____

Surgical Procedure and Date: _____

Allergies: _____

Current Medications and Dosage: _____

Previous Surgery: _____

Telephone: (Home) _____ (Cell) _____ (Work) _____

A member of our staff will need to contact you prior to your date of surgery. Please circle the telephone number (above) where you can be contacted between 9:00 AM and 4:00 PM Monday through Friday.

Please check appropriate response for each statement. Circle any conditions that apply to your health history. This information will be reviewed by Nursing and Anesthesiology staff to individualize your care.

MLH900-125.0606

Have you ever had or been told you had any of the following:

Please list any medical conditions or surgical procedures not addressed above:

_____

_____

_____

Patient Signature _____ Date: _____

Yes No Unsure

1. Heart attack or possible heart attack or heart failure?
2. Angina / chest pain?
3. Heart murmur / valve disease?
4. Arrhythmia / irregular heart beat?
5. High blood pressure / hypertension?
6. Heart or lung surgery? (Specify)
7. Shortness of breath after climbing one flight of stairs or after walking a short distance?
8. Wheezing / asthma?
9. Bronchitis / emphysema?
10. Problems with anesthesia / postoperative nausea and vomiting / unexplained fever during surgery? Blood relatives with any of these problems?
11. Problems opening your mouth fully or neck stiffness?
12. Hepatitis / yellow jaundice / liver disease?
13. Problems with anemia / low blood count / Blood Disorders ?
14. Prolonged or unusual bleeding from cuts, bruises, nosebleeds, tooth extraction or surgery?
15. Kidney failure / undergone dialysis?
16. Diabetes / sugar diabetes / high sugar?
17. Seizure or convulsion?
18. Stroke or "mini-stroke"?
19. Nerve injury / multiple sclerosis / nervous system disorder / Cerebral Palsy?
20. Any possibility of pregnancy? LMP? N/A?
21. Have you had previous surgery at this facility in the last six months?
22. Do you have acid reflux?
23. Do you have sleep apnea? Do you use C-PAP at night?
24. Do you have any loose/chipped teeth, caps, bridges, or dental implants?
25. Do you have a pacemaker or AICD?
26. For Ages 0-12 Any growth and development delays?
27. Do you now or have you ever used any of the following? If so, please specify amount and frequency.

Cigarettes? YES NO Packs per day: _____ Number of years _____

Alcohol? YES NO Frequency:

Recreational Drugs? YES NO Specify:

Patient I.D.

Bryn Mawr Hospita
Main Line Health
Well ahead.

Patient Education for Preoperative Showers

Frequent hand washing and daily skin cleaning promotes good health and hygiene. Daily skin cleansing helps remove microbes (germs) that may cause infections. This is especially important if you are having a surgical procedure.

- **Read instructions given by your health care provider. If you have a dressing or cast, follow their directions in keeping them dry during your shower or bath.**

- **Hibiclens (4 % Chlorhexidine Gluconate) is an antiseptic soap. It is available at your local pharmacy.**
  Do not use this product if you are allergic to chorhexidine gluconate or any other ingredients. (See product information on bottle)

- **The night before and the morning of your procedure, shower or bathe with Hibiclens. Hibiclens should replace your regular soap. Use this product as a liquid soap applying directly to the skin washing gently. Do not rub or scrub skin. Rinse thoroughly with warm water.**

- **Hibiclens <u>should not</u> be used on your head, face, ears and mouth.**
  If you plan to wash your hair, do so with your regular shampoo. Then, rinse your hair and body thoroughly to remove any shampoo residue.
  Wash face with regular soap and water only.

- **Hibiclens <u>should not</u> be used in the genital area. Use your regular soap and rinse thoroughly with warm water.**

- **Do not wash with your regular soap after applying and rinsing Hibiclens.**

- **Do not apply any lotions, powders, or perfumes to the body areas that have been cleaned with Hibiclens.**

- **Do not use hair removal products or shave at or near the surgical site 48 hours before your procedure.**