

Surgical patient information



Paoli Hospital
Main Line Health®

Welcome

Thank you for choosing Paoli Hospital. We are committed to providing you with the highest level of care. Enclosed is information to prepare you for your procedure.

PRESURGERY INFORMATION

A hospital representative may call you to verify your insurance and demographic information. You may wish to call your insurance company in advance because different companies have different guidelines for coverage of your procedure.

A staff member from the Pre-Anesthesia Surgical Screening (PASS) department will call you to schedule an appointment for your pre-anesthesia phone interview. Please have the Reservation/Procedure Order Form, a list of current medications, dosages and the name and phone number of your doctors available at the time of this call. You will have received these forms from your surgeon's office when you scheduled your surgery.

If you develop an upper respiratory infection such as cold, flu, fever, sore throat or other illness before your day of surgery, please contact your surgeon. If you are unable to keep your appointment, please call your physician as soon as possible. If you are delayed on the day of surgery, please contact the Ambulatory Surgery Unit (ASU) at 484.565.1120 or 484.565.1121.

Note: Total hip and knee replacement patients must call the orthopaedic manager as soon as possible at 484.565.1537 to schedule their preoperative class, sign up for a webinar, or have a phone conversation to prepare for surgery. Classes are taught throughout the Main Line Health system. Please call the Main Line Health Contact Center at 1.866.CALL.MLH (1.866.225.5654) for dates and times of the live classes. Daytime, evening and Saturday live classes are available.

Patients: You will be called the day before your surgery between 2:00 pm and 6:00 pm to confirm your arrival time. If your surgery is scheduled for Monday, you will be contacted on Friday.



Testing

Presurgery laboratory tests, EKG or chest X-ray, if needed, must be completed before your surgery. This testing will be ordered by your surgeon when you schedule your appointment for surgery. Please report to the outpatient registration department across from the laboratory. You will need to have a completed Reservation/Procedure Order Form given to you by your surgeon's office.

Testing hours of operation are:

Laboratory (blood test) only

Saturday: 7:00 am–12:00 pm

Laboratory (blood test) and chest X-ray

Monday–Friday: 7:00 am–7:00 pm

EKG

Monday–Friday: 7:00 am–3:30 pm

No appointment necessary.

For information call 484.565.1737.

Pre-procedure instructions

IMPORTANT: DO NOT EAT OR DRINK ANYTHING (INCLUDING GUM OR MINTS) AFTER 12 MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. You may brush your teeth, but do not swallow any water.

Do not wear contact lenses. Do bring your glasses with case and hearing aids with container.

If you wear dentures, a partial plate or other prosthesis, you will be asked to remove them before surgery.

If you use CPAP or BiPAP at home, please bring your machine with you to the hospital.

Remove all jewelry, including wedding bands and body piercings. Leave valuables at home.

Do not wear makeup, perfume or lotions.

Patients having breast surgery, please do not wear deodorant.

Do not shave the operative site for at least 48 hours before surgery.

If you are having surgery on an arm or leg, please wear loose, comfortable clothing. You may have a bandage, sling or splint when you are discharged.

If you are having lower limb surgery, please wear sturdy shoes.

Medication instruction

No aspirin, ibuprofen, anti-inflammatory, vitamin E, over-the-counter vitamins or supplements **UNLESS ORDERED BY YOUR PHYSICIAN.** If you are taking blood thinners (anticoagulants) or you are an insulin-dependent diabetic, please check with your ordering physician for medication instruction before your surgery. **DO NOT** take diabetic pills the morning of your surgery.

If you take medication for a heart condition, high blood pressure, a seizure or breathing disorder, it is recommended that you take your regular dose with a small sip of water the morning of your surgery (unless otherwise instructed by your surgeon or medical doctor). Please **DO NOT** take any diuretic, oral potassium, or thyroid medication the day of surgery. Please bring all inhalers to the hospital.

Parking

Free garage parking is available.

Valet parking is available for a fee. Free valet is offered to people with disabilities. Valet hours are 7:00 am–9:00 pm, Monday through Friday.

Anesthesia

You will speak with your anesthesiologist the day of your surgery. He/she will review your history and discuss the type of anesthesia to be used during your procedure. This is to ensure your safety and comfort during your procedure. **You will be asked to sign a consent form after you meet with the anesthesiologist.**

Your anesthesia provider, in consultation with your surgeon, will determine the best type of anesthesia for you, taking into consideration your desires whenever possible. There are three main types of anesthesia: general, regional and local.

GENERAL ANESTHESIA—You will be unconscious for the surgical procedure.

REGIONAL ANESTHESIA/MONITORED ANESTHESIA CARE (MAC)—MAC anesthesia provides sedation intravenously, so you will be conscious and comfortable during your procedure. This will be used in combination with a local/regional anesthesia.

LOCAL ANESTHESIA—Medications are injected into the skin and tissues to numb a specific location. You can communicate with your surgeon at all times.

Day of surgery

When you arrive at the hospital, you will enter the Holloway Family Atrium for Health and Healing. Please report to the Paoli Hospital Auxiliary Department of Surgery registration desk in the Atrium. If possible, we ask that your overnight bag remain in the car until after your surgery. The lobby is accessible from the front entrance as well as from the bridge connected to the parking garage. See enclosed map for more details.

Bring picture identification and your health insurance card to the hospital the day of your surgery. You will need to make any necessary copayments at this time. You should also bring with you the names and phone numbers of your emergency contact(s) and any home care agency you wish to contact, if needed. When you arrive, you will be required to present your picture identification and insurance card. You will also be asked to sign a Treatment Authorization Consent Form and a form with respect to your privacy (HIPAA).

Advance directive: You may bring a copy of your advance directive on the day of your procedure. For more information on advance care planning, please visit mainlinehealth.org/acp.

Your ambulatory surgery nurse will help you prepare for surgery. You will be asked to change into a gown and remove items that will interfere with your surgery.

The nurse will take your vital signs and start an intravenous line. The skin at the site of your surgical procedure may need special preparation. This may involve clipping the hair in the area and/or scrubbing the area with a special soap.

During your surgery, family and friends will wait in the Atrium. The surgeon will speak to them following your procedure. If you prefer someone to be called, please leave the name and number with your nurse the morning of surgery and the surgeon will contact them by phone.

Post Anesthesia Care Unit (PACU) or recovery room

Upon completion of your surgery, you will be transported to the PACU. The PACU nurses, along with the anesthesia staff, will be monitoring you closely throughout the recovery process.

The PACU staff nurses specialize in the care of postsurgical patients. You will be their main focus and they will also keep your family updated on your progress. They will frequently check your vital signs (temperature, blood pressure) as well as your comfort level. Comfort measures may include keeping you warm and keeping your pain to a minimum. A pain scale from 0 to 10 is used and allows you to assess your pain. No pain to minimal (0-3), moderate pain (4-7), or severe pain (8-10). The anesthesiologists will prescribe pain medications to treat each level of pain and the nurses will administer the pain medication safely.

The PACU nurses will involve you in your care when appropriate. They may teach you how to perform deep breathing and coughing exercises, turn and reposition yourself, and exercise your ankles and feet. These exercises and activities are important to promote your recovery.

Following postanesthesia care recovery, you will be taken to your inpatient room or returned to the Ambulatory Surgery Unit. This is the last phase of recovery before being discharged from the hospital. Family and friends may join you at this time.

Preparing for your discharge home

It is the role of the case management department to work with you and your physician to identify any potential discharge planning needs you may have after your surgery. Most patients return home with no needs; however, if you do have certain needs for home care, rehab or skilled care in the nursing home setting, the case manager/social worker will contact your health care insurance company for authorization of requested services. We want to make the most appropriate use of your health care benefits. Please contact the case management department at 484.565.1206 with any questions or for information.

Once you receive written discharge instructions from your doctor, your nurse will review them with you. Keep in mind that you may need to have prescriptions filled following surgery, so please bring your prescription card with you to the hospital.

Paoli Apothecary is available for your convenience. This is an independent pharmacy offering fast service for your medication needs. The pharmacy is located in Medical Office Building I, Suite 107, down the hall from the cafeteria. Hours of operation are 8:30 am–5:00 pm Monday-Friday. The contact number is 610.251.2295.

You will be escorted to your car by hospital staff.

You WILL NOT be able to drive home if you have had anesthesia or are taking a narcotic pain medication before discharge. Please arrange for a responsible adult to accompany you home. You will need to have someone stay with you for the first 24 hours following your surgery.

Under no circumstances should you operate a motor vehicle or power equipment, drink alcoholic beverages, make important decisions or sign legal documents for up to 24 hours after you have had anesthesia.

Post-surgery information

Do not eat or drink until you arrive home. Eat lightly at first (tea, toast, crackers). Gradually resume your normal diet. Drink extra fluids as you can tolerate.

You may experience pain during recovery because minor surgery causes tissue swelling and disruption. Take your pain medication as directed. This will help make you more comfortable as you move around. Taking your pain medication at night allows for a good night's rest. Take your pain medication with food. Be aware that pain medication may cause constipation. Eat high-fiber foods if able and take a stool softener as needed.

Hospital amenities

Paoli Hospital offers free wireless Internet access for your convenience.

Your family is welcome to use the hospital cafeteria, located on the ground floor. Coffee, tea, and assorted drinks and snacks are also sold at Java City, located in the Atrium. Hours are Monday to Friday 6:30 am–4:00 pm.

CarePages

CarePages are free, private, personalized web pages available to patients at Paoli Hospital. They help you stay in touch before, during and after a hospital stay, allow you to control your communications and provide an easy way for loved ones to respond with messages of support. To develop your page, please visit **mainlinehealth.org/carepages** and follow the instructions.

Special considerations

Paoli Hospital can arrange for interpreter services if necessary. Please contact the hospital operator at 484.565.1000. Specify your need (language or sign language interpreter) and the operator will direct you to the appropriate service.

Forms

Before the day of your surgery, please review the following sections of this booklet:

- Pre-procedure instructions
- SpeakUP
- FAQ about surgical site infections
- Hospital maps
- Driving directions

Contact information

We are confident that all of your needs will be met and would greatly appreciate you letting us know about your experience. If you have any questions, comments or concerns, please call our staff.

DEPARTMENT

Surgery Registration **484.565.1260**

Pre-Anesthesia Surgical Screening (PASS) department **484.565.1087**

Ambulatory Surgery Unit (ASU) **484.565.1120/1121**

Main Line Health Patient Financial Services **484.829.6060**

Thank you for choosing Paoli Hospital. We look forward to caring for you.



Paoli Hospital
Main Line Health®

PRE-PROCEDURE PATIENT INSTRUCTION SHEET

DOB:
MR#:
Patient #:
CID #:

Age:
ADM Date:

1. You will be called the day before your procedure by 6:00pm to confirm your arrival time. If your surgery is scheduled for Monday you will be called on Friday
2. Please report to Surgery Registration in the Pavilion Atrium on the day of your procedure.
Phone # 484-565-1121
3. **No food or drink or water is allowed after midnight the night before the procedure.** This includes no gum, mints, candy, life savers, etc.
4. Early on the morning of the procedure, please take your usual dose of the listed medications with a sip of water.

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

* No aspirin, ibuprophen, anti-inflammatories, vitamin E, over the counter vitamins or supplements **UNLESS ORDERED BY YOUR PHYSICIAN.** If you are taking blood thinners or anticoagulants, please check with your ordering physician for medication instruction prior to your surgery.

5. Other Instructions: _____

6. If you develop a cold, cough, fever, or other symptom prior to the date of the procedure, please report it to your physician immediately.
7. If you need to cancel the procedure for any reason, please contact your physician or call the unit listed above.
8. **Make arrangements to have someone drive you home from the procedure.** If you have not arranged for transportation home, your surgery may be cancelled. You may not take public transportation unless accompanied by a responsible person.
9. You will need a responsible person to stay with you for the first 24 hours following surgery.
10. You may not drive a car or operate complex or potentially dangerous machinery for 24 hours following anesthesia and/or sedation.
11. If it is medically necessary for you to have a longer stay, you will be informed as soon as the decision is made.
12. Do not wear or bring anything of value to the hospital including jewelry of any kind. Do not wear make-up or contact lenses. **DO** bring your glasses and hearing aid.
13. Dress in comfortable clothes. If you are having lower limb surgery please wear sturdy shoes.
14. ☐ If instructed please bring a copy of your Advance Directive (Living Will/Durable Power of Attorney) on the day of your procedure.

I have read and understand the above information, or have had it read to me and have received a copy of this Instruction Sheet. (Parents of children who are undergoing surgery assume full responsibility for the child following these instructions.)

☐ Reviewed by phone consult

WITNESS: _____ PATIENT OR
GUARDIAN SIGNATURE: _____

DAT _____ RELATIONSHIP
TO PATIENT: _____

MLH185-001.01/2013

PATIENT COPY



Paoli Hospital
Main Line Health®



OP0200

Patient I.D.

ANESTHESIA HEALTH QUESTIONNAIRE

Name:

Date of Birth:

Emergency Contact Name and Phone #:

*Home phone:

*Cell phone:

*Work Phone:

*E-mail Address:

Date of Surgery:	Height: FT. IN.	Weight:	Language spoken other than English/Communication needs:
Doctor(s)		Phone numbers	Date of last visit
*Primary Care Physician:			
*Cardiologist:			
Other Specialists:			
Pre-op testing to be completed at _____.			
Preferred Pharmacy Name _____		Address _____ Phone _____	
Allergies and Reactions (Be Specific with Reactions) No Known Allergies <input type="checkbox"/>			
Medication Allergies/Reaction:			
Food:	Metal:	Tapes/Bandaids:	Latex:
X-ray/Contrast Dye:	Iodine Products:	Environmental:	

Name of Medication, Vitamins, Herbal Supplements (if you have a complete medication list, please forward with this form)	Dose	Directions for Use	Reason for Medication	Date Stopped

Pneumonia Vaccine month/yr _____	Flu Vaccine month/yr _____	Dentures?(Circle): Full / Partial / Upper / Lower
Please specify amounts and frequency:		
Cigarettes? Yes <input type="checkbox"/> No <input type="checkbox"/> Packs per Day _____ # Years _____	Past Use: Packs per Day _____ # Years _____	
Alcohol? Yes <input type="checkbox"/> No <input type="checkbox"/> Recreational Drugs? Yes <input type="checkbox"/> No <input type="checkbox"/> Specify: _____		

Health History Assessment Continued; please check box if you have had a history of the following:

Neurological		Cardiovascular		Respiratory	
Stroke with residual		High blood pressure		Shortness of breath (# of blocks able to walk)	
Stroke without residual		Low blood pressure		Pneumonia	
Seizures		Aneurysm		COPD/ Emphysema	
Migraines/Headaches		Heart attack		Asthma	
Swallowing/Speech difficulty		Heart failure		Acute bronchitis	
Head injury/Concussion		Murmur /leaky valve		Chronic cough	
Confusion/Dementia		Chest pain/ Angina		Snoring	
Blackouts/fainting/dizziness		Irregular pulse/a fib		Sleep Apnea	
Numbness/tingling		Circulation problem		CPAP	
Head injury		Phlebitis/blood clots		TB	
Memory changes		Pacemaker/Defibrillator		Oxygen – how many liters	
Other		High Cholesterol		Seasonal Allergies	
		Cardiovascular intervention/Cardiac Catheterization/Stents		Other	
		Other			
Metabolic		Musculoskeletal		Genitourinary	
Diabetes Type 1		Arthritis/DJD		Burning	
Diabetes Type 2		Joint Replacement		Urgency	
Hypoglycemia-low blood sugar		Osteoporosis		Frequency	
Hypothyroid-low thyroid function		Osteopenia - low bone density		Blood in urine	
Hyperthyroid-overactive thyroid		Spinal/Back Problems		Recurrent Urinary Tract Infection	
Anemia		Muscle weakness/spasticity		Kidney failure/Dialysis	
Bleeding disorder		Fibromyalgia		Kidney Stones	
Obesity		Quadriplegic		Prostate problems	
Other		Paraplegic		Incontinence	
		Other		Ostomy	
				Other	
Psychosocial		Skin		Cancer/Hematologic/Infections	
Depression		Wounds		History of Cancer/ Type	
Panic/Anxiety attacks		Dry skin		Immunosuppression	
Claustrophobia		Rash or open areas		Ever been on isolation?	
Physical/Psychological Abuse		Body piercings/Tattoos		History of MRSA or Infectious Disease	
ADHD		Petechia/Bruising		Sexually transmitted disease	
Sensory Deficits		GI		GYN (females)	
Vision changes		Reflux		LMP/last menstrual period	
Hearing deficit		Ulcer		Possibility of Pregnancy?	
Hearing aids		Hiatal hernia		Post-menopausal (not menstruating longer than 1 year	
Macular degeneration		Hepatitis		Breast Feeding	
Glaucoma		Ostomy		Other	
Had surgery for Glaucoma		Change in bowel habits			
Cataracts		Diverticular disease			
Had surgery for cataracts		Crohn's disease/colitis			
Other		Constipation			
		IBS/ Irritable Bowel Syndrome			
		Other			
List of All Surgeries			Date Performed		

Have you had any problems with anesthesia?
Any family history of Malignant Hyperthermia?

Patient I.D.

SpeakUP™

Take an active role in your surgical procedure

The mission of SpeakUp 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 and wash your hair. Do not wear make-up, perfume, powder or body lotion.
- ☐ Jewelry and 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 the 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 are you 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 nowhere 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 and 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), 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 before leaving the hospital.

What you should know about pain management

There are many different causes and kinds of pain. Pain can be caused by injury, illness, sickness, disease or surgery. Treating pain is the responsibility of your doctor, nurse and other caregivers. You can help them by asking questions and finding out more about how to relieve your pain. This section has some questions and answers to help you do that.

Questions to ask your caregivers

- ☐ What pain medicine is being ordered or given to you?
- ☐ Can you explain the doses and times that the medicine needs to be taken?
- ☐ How often should you take the medicine?
- ☐ How long will you need to take the pain medicine?
- ☐ Can you take the pain medicine with food?
- ☐ Can you take the pain medicine with your other medicines?
- ☐ Should you avoid drinking alcohol while taking the pain medicine?
- ☐ What are the side effects of the pain medicine?
- ☐ What should you do if the medicine makes you sick to your stomach?
- ☐ What can you do if the pain medicine is not working?
- ☐ What else can you do to help treat your pain?

Talking about your pain

Is it important for doctors and nurses to constantly ask about your pain?

Yes. This is because pain changes over time or your pain medicine may not be working. Doctors and nurses should ask about your pain regularly.

What do you need to tell your doctor and nurse about your pain?

First, tell them that you have pain, even if they don't ask. Your doctor or nurse may ask you to describe how bad your pain is on a scale of 0 (zero) to 10 with 10 being the worst pain. They may use other pain scales that use words, colors, faces or pictures. Tell them where and when it hurts. Tell them if you can't sleep or do things like dressing or climbing stairs because of pain. The more they know about your pain the better they can treat it. The following words can be used to describe your pain:

- | | | |
|---|------------------------------------|------------------------------------|
| <input type="checkbox"/> aching | <input type="checkbox"/> dull | <input type="checkbox"/> sharp |
| <input type="checkbox"/> bloating | <input type="checkbox"/> numbing | <input type="checkbox"/> shooting |
| <input type="checkbox"/> burning | <input type="checkbox"/> pressing | <input type="checkbox"/> soreness |
| <input type="checkbox"/> cramping | <input type="checkbox"/> pressure | <input type="checkbox"/> stabbing |
| <input type="checkbox"/> comes and goes | <input type="checkbox"/> pulling | <input type="checkbox"/> throbbing |
| <input type="checkbox"/> constant | <input type="checkbox"/> radiating | <input type="checkbox"/> tightness |
| <input type="checkbox"/> cutting | <input type="checkbox"/> searing | |

What can you do when your pain gets worse?

Tell your doctor or nurse. Tell them how bad your pain is or if you're in pain most of the time. Tell the doctor if the pain medicine you're taking is not helping.

Should you include pain medicine on your list of medicines or medication card?

Yes! Even pain medicine that you will take for a short time should be listed with all of your other medicines. List all of your pain medicines—those prescribed by your doctor and those you buy over-the-counter.

Managing your pain

What can be done to treat pain?

There are many ways to manage your pain. There are medicines that can be used to relieve pain. There are also other ways to treat pain without taking medicine. Your doctor will work with you to find out what works best for you.

What are some of the medicines used to treat pain?

Some pain medicines are acetaminophen, aspirin, ibuprofen, naproxen and opioids. Opioids include morphine, oxycodone and hydromorphone. Many of these medicines come in pills, liquids, suppositories and skin patches. Some pain may be treated with medicines that are not usually thought of as pain relievers. For example, antidepressants.

Are there other ways to relieve pain?

That will depend on your illness or condition and how much pain you have. Sometimes pain can be relieved in other ways. Some other treatments for pain are listed here:

- ☐ Acupuncture, which uses small needles to block pain
- ☐ Taking your mind off the pain with movies, games and conversation
- ☐ Electrical nerve stimulation, which uses small jolts of electricity to block pain
- ☐ Physical therapy
- ☐ Exercise
- ☐ Hypnosis
- ☐ Heat or cold

☐ Massage

☐ Relaxation

What are the side effects of pain medicines?

It depends on the medicine. Side effects can include constipation, nausea, vomiting, itching and sleepiness.

What can you do if you have side effects or a bad reaction?

Call your doctor or nurse as soon as possible. Find out what can be done to treat the side effect. Ask if there is another pain medicine that may work better for you.

Are you afraid to take a pain medicine?

You may have had a bad experience taking pain medicine in the past, such as a side effect or bad reaction. Or you may be taking a lot of other medicines. Your doctor or nurse should be able to ease your fears. It's important that you take your medicine.

Are you afraid that you'll become addicted to pain medicine?

This is a common concern of patients. Studies show that addiction is unlikely. This is especially true if the patient has never had an addiction. Talk to your doctor or nurse about your fears.

Are you afraid that your pain medicine won't work if you take it for a long time?

This is called "tolerance." It means that after awhile your body gets used to the medicine and you need to make a change to get pain relief. It's also possible that the condition causing your pain is getting worse or you have a new type of pain. You may need more medicine or a different kind of medicine to control your pain. Talk to your doctor or nurse.

Can you crush pills if you can't swallow them?

Check with your doctor, nurse or pharmacist. Some medicines can be crushed and some cannot. For example, time-release medicines should not be crushed. Ask your doctor or nurse if the medicine comes in a liquid or can be given another way.

FAQs

(frequently asked questions)

about “Surgical Site Infections”

What is a Surgical Site Infection (SSI)?

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in about 1 to 3 out of every 100 patients who have surgery.

Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

Can SSIs be treated?

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

What are some of the things that hospitals are doing to prevent SSIs?

To prevent SSIs, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs.

What can I do to help prevent SSIs?

Before your surgery:

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

At the time of your surgery:

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

After your surgery:

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.

If you do not see your providers clean their hands, please ask them to do so.

- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, ask them to clean their hands.

What do I need to do when I go home from the hospital?

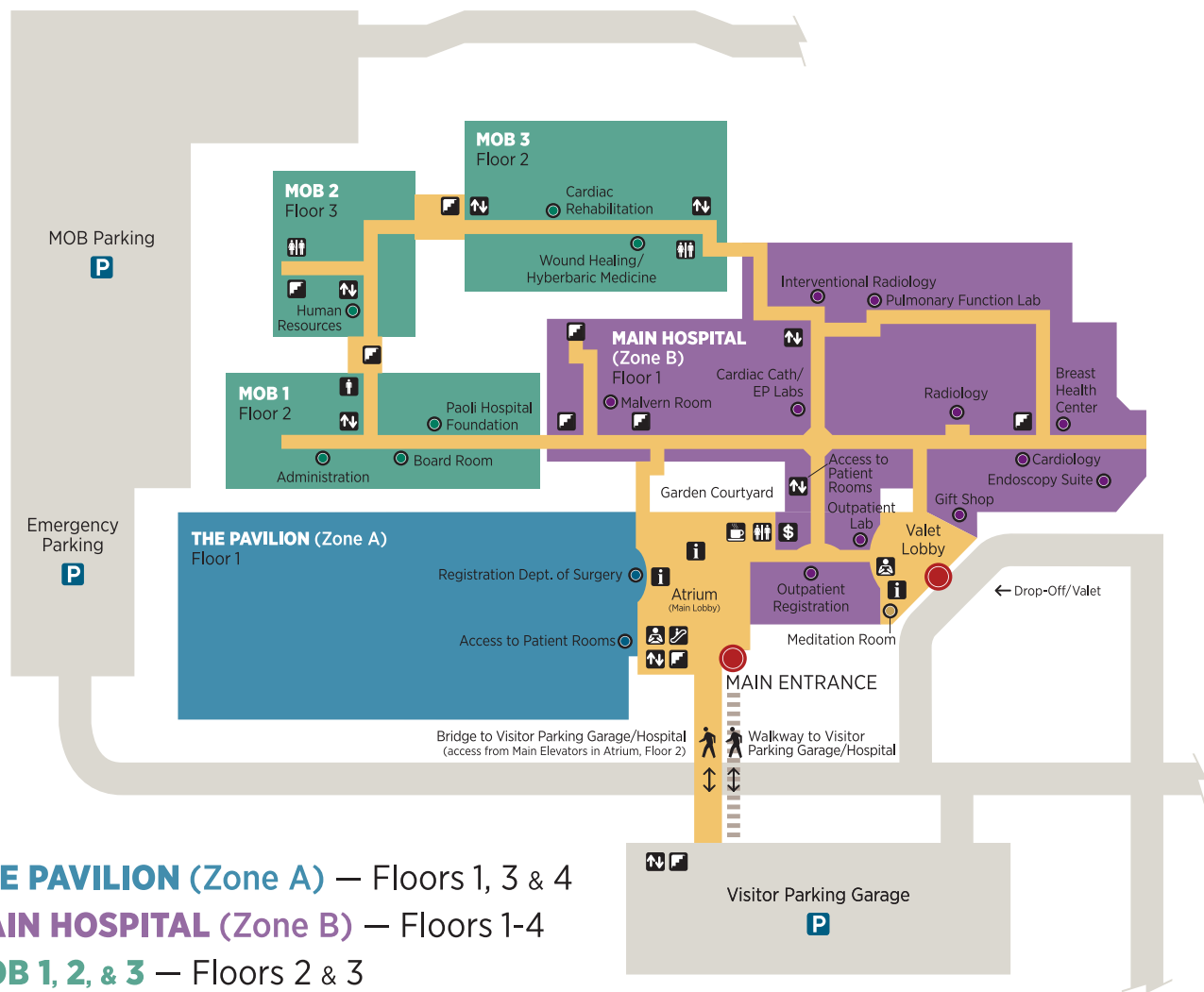
- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the hospital.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your doctor immediately.

If you have additional questions, please ask your doctor or nurse.

Co-sponsored by:



Paoli Hospital Campus Maps



THE PAVILION (Zone A) — Floors 1, 3 & 4

Atrium (Main Lobby)	↕ ↗ ⓘ ⓘ ⓘ ⓘ ⓘ	1
Café/Java City	☕	1
Meditation Room		1
Patient Rooms: 3001-3230		3
4001-4230		4
Registration Dept. of Surgery	ⓘ	1
Valet Lobby	ⓘ	1

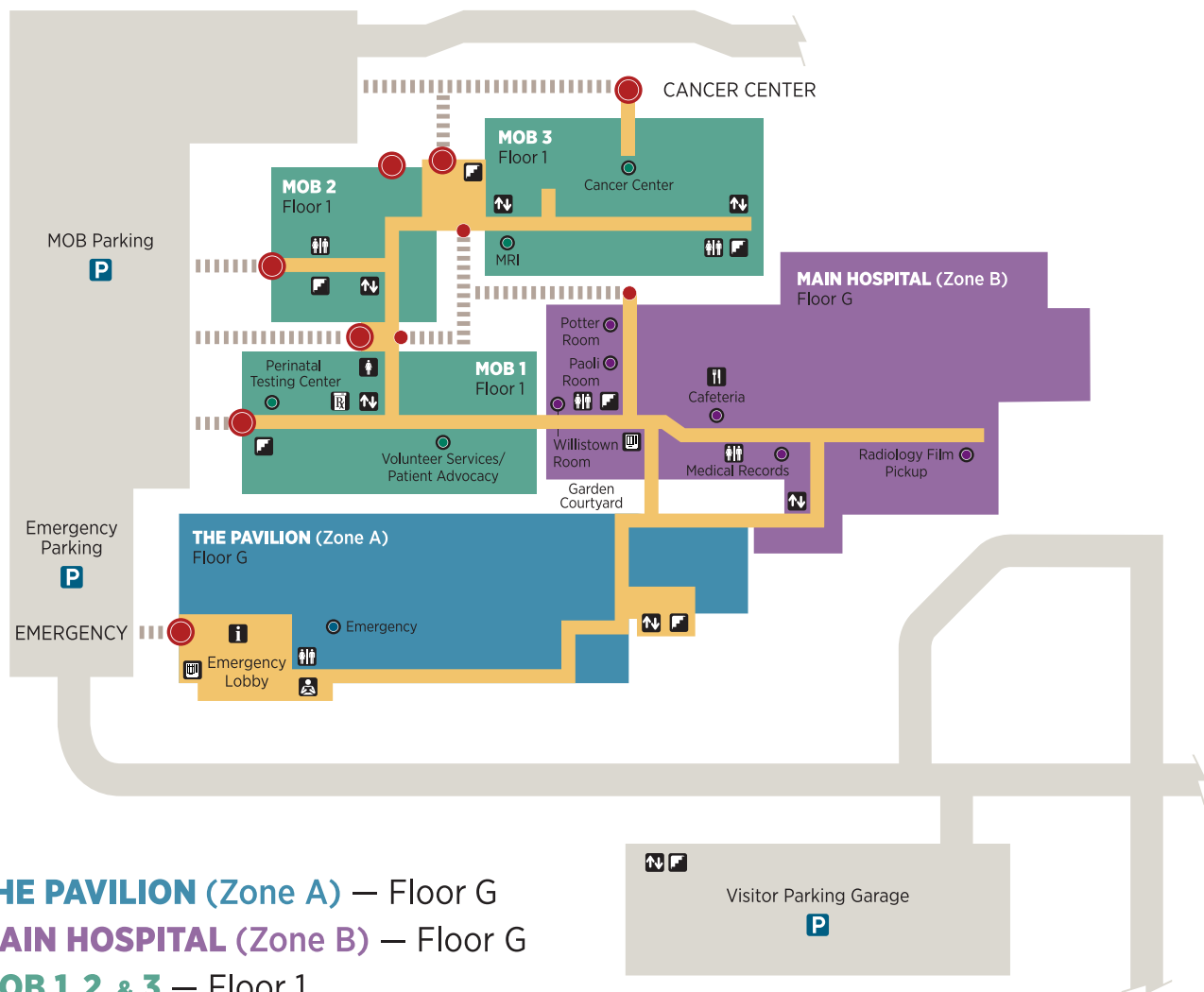
MAIN HOSPITAL (Zone B) — Floors 1-4

Breast Health Center		1
Cardiac Cath/EP Labs		1
Cardiology		1
Endoscopy Suite		1
Gift Shop		1
Interventional Radiology		1
Malvern Room		1
Maternity Unit		2
Meditation Room		1
Outpatient Lab		1
Outpatient Registration		1
Patient Rooms: 203-254		2
304-341		3
405-420		4
Pulmonary Function Lab		1
Radiology		1

MOB 1, 2, & 3 — Floors 2 & 3

Administration	MOB 1	2
Board Room	MOB 1	2
Cardic Rehabilitation	MOB 3	2
Human Resources	MOB 2	3
Paoli Hospital Foundation	MOB 1	2
Wound Healing/ Hyperbaric Medicine	MOB 3	2

Occupational Health
Located at Paoli Pointe, Suite 103 (Across from the Hospital on campus).



THE PAVILION (Zone A) — Floor G

Emergency		G
Emergency Lobby		G

MAIN HOSPITAL (Zone B) — Floor G

Cafeteria		G
Medical Records		G
Paoli Room		G
Potter Room		G
Radiology Film Pickup		G
Willistown Room		G

MOB 1, 2, & 3 — Floor 1

Apothecary		MOB 1	1
Cancer Center		MOB 3	1
MRI		MOB 3	1
Perinatal Testing Center		MOB 1	1
Physician Practices		MOB 2	1
Volunteer Services / Patient Advocacy		MOB 1	1

Key

Apothecary
 ATM
 Café
 Cafeteria
 Elevators
 Escalators

Information desk
 Restrooms
 Stairs
 Vending
 Waiting area
 Parking

Building entrance
 Secondary entrance
 Department entry
 (by building color)
 Pedestrian access

Complimentary room service program

In support of our commitment to providing a comforting and satisfying health care experience, your meals are now provided by our complimentary room service program called *Just for you*. With *Just for you*, all of your meals are prepared fresh and delivered to your room within 45 minutes.

ORDERING

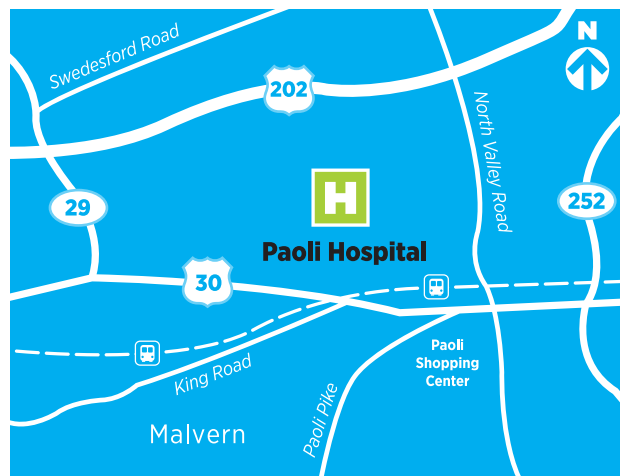
- Browse through the menu located on the bedside table. Look for the *Just for you* logo on the front of your menu.
- **Dial 8888 anytime between 6:30 am and 6:30 pm from your room phone.** If a call center representative is unable to immediately take your call the first time, please be patient and try again.
- A call center representative will take your order. If you are unable to eat certain food items due to dietary restrictions, our call center representative will help you pick appropriate choices.

We hope you have a pleasant and enjoyable dining experience. If you have any questions and/or need additional information regarding the *Just for you* program or your diet, please contact Danielle Platt, MS, RD, LDN, Assistant Director of Patient Services, at 484.565.1127.

PAOLI HOSPITAL

255 West Lancaster Avenue
Paoli, PA 19301

484.565.1000



Map not to scale.

DRIVING DIRECTIONS

From the North/West: Take I-76 (PA Turnpike) to the Philadelphia/Valley Forge Interchange (Exit 326). One-quarter mile beyond the toll booths, get on Route 202 South.*

From the South: Take I-95 North to Route 322. Follow Route 322 to Route 202 North to the Route 29 (Great Valley/Malvern) Exit. Turn right and continue to Route 30 East (Lancaster Avenue). Turn left on Route 30 and continue traveling eastbound. The hospital will be on your left.

From the East: Take I-76 West to Route 202 (Exit 328, West Chester/Pottstown).*

*Take Route 202 South to Route 252 South (Paoli Exit). At Route 30, turn right (West) and proceed one mile. The hospital will be on your right.

To find out more about Paoli Hospital:

1.866.CALL.MLH
mainlinehealth.org/paoli



Paoli Hospital
Main Line Health®

Well ahead.®