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# Your Guide to Surgery



**SURGERY DATE AND TIME:** \_\_\_\_\_

**ARRIVAL TIME:** \_\_\_\_\_

**ARRIVAL LOCATION:**       2nd Floor Main Hospital       3rd Floor Pavilion

*Thank you for choosing North Kansas City Hospital. We want you to feel as comfortable and prepared for surgery as possible. This guide provides you and your family with information about what to expect before, during and after surgery.*

## **BEFORE SURGERY**

A registered nurse from our Pre-Surgery Clinic will call you to review your medical and surgical history, including your allergies and all the medications, supplements and vitamins you take. You will be provided with directions for any lab work and tests that must be done before your surgery. You may be asked to meet with one of our anesthesia nurse practitioners.

**If you have not heard from us within 10 days of your surgery, please call 816.691.1344.**

## **SURGERY INSTRUCTIONS AND TESTING YOU MAY RECEIVE**

### **MRSA Screening**

MRSA, or methicillin-resistant *Staphylococcus aureus*, is a common germ found on the skin or in the nose of about one in every three people. Most people don't realize they carry it. The germ is usually harmless, but if it gets into your surgical site, it could cause an infection.

For this reason, we may test for MRSA, also known as staph, in the Pre-Surgery Clinic, if necessary. If the test is negative, you don't need to do anything. If the test is positive, your surgeon may require you to use an antibiotic ointment.

### **When to Call Your Doctor**

- Call your doctor as soon as possible, if you have:
  - Fever above 101° F
  - Chest pain
  - Cloudy fluid draining from your surgical site
  - Redness and pain around your surgical site
  - Shortness of breath

Scan the QR code or visit [nkch.org/Class](https://www.nkch.org/Class) to sign up for the Bariatric Surgery and Total Joint Replacement classes.



**Enhanced Recovery After Surgery**

Our Enhanced Recovery After Surgery, or ERAS, program helps improve wound healing, decreases the amount of pain medication you need, reduces your time in the hospital, and gets you home and active faster.

You may receive a nutritional supplement to drink two times a day for five days before surgery. If you do, you will continue to drink it for five days after surgery to help you heal.

Track your presurgery supplement intake and your incentive spirometry use with the charts below.

We may give you medication in the preoperative area to help decrease your pain level after surgery. You may also receive a nerve block, which helps with pain but allows you to walk.

Within three hours after surgery, your nurse will help you start walking, and you will be able to eat and drink.

**NUTRITIONAL SUPPLEMENT CHART**

**Colorectal Surgery**

Date							Day of Surgery
Breakfast						Clear liquids	
Lunch or Dinner							

**All Other Surgeries**

Date							Day of Surgery
Breakfast							
Lunch or Dinner							

**INCENTIVE SPIROMETRY** (See page 7 for instructions.)

Date					Day Before Surgery
A.M.					
Noon					
P.M.					

## DAY BEFORE SURGERY

If you have any changes in health or skin rashes/wounds, call your surgeon as soon as possible.

The night before surgery, you need to shower with chlorhexidine gluconate soap (CHG). CHG is an antibacterial soap that will help reduce your risk of surgical site infection. A common brand name for this soap is Hibiclens®. If you are allergic to chlorhexidine, ask the Pre-Surgery Clinic nurse for an option. Be sure to place clean sheets on your bed before showering.

### SHOWERING INSTRUCTIONS

- Shampoo and rinse your hair with your normal shampoo.
- Turn off the water; apply CHG soap to your entire body from the neck down; wash for 3-5 minutes; and avoid getting the soap in your eyes and ears.
- Turn the water back on and rinse off; do not use your regular soap after rinsing.
- Pat yourself dry with a clean towel.
- Do not use any lotions, creams, powders, deodorants or makeup after drying off.
- Wear clean pajamas to a bed with clean bedding.
- Repeat the same shower process the morning of your surgery.



## DAY OF SURGERY

- Do not eat or drink anything six hours before you arrive at the hospital, unless otherwise instructed.
- Do not wear makeup, nail polish, jewelry or contacts.
- Bring an adult to drive you home and chaperone you for 24 hours post-surgery.
- **If instructed: Drink a carbohydrate-rich drink two hours before arriving at the hospital.**
- **If you have diabetes: You may drink 12 ounces of water two hours before arriving at the hospital, if instructed.**
- Follow your doctor's instructions for which medications to stop taking before surgery.
- The Pre-Surgery Clinic nurse will let you know which medications to take the morning of surgery with a sip of water.
- You may brush your teeth, rinse and gargle.
- Do not chew gum or eat mints, candy, chewable antacids or throat lozenges.
- Do not use any type of tobacco (cigarettes, chew or vapes).
- Wear loose clothing.
- **Plan for an adult to drive you home; you cannot take a cab or public transportation, including Uber, unless you have an adult with you.**

## WHAT TO BRING

Please only bring necessary items, such as:

- Insurance card
- Photo ID
- Inhalers
- CPAP or BiPAP machine, if used at home
- Incentive spirometer
- Contact lenses and supplies
- Dentures and a case
- Eyeglasses and a case
- Hearing aid(s) and a case
- Imaging (X-rays, MRI, CT scans), if you have any
- Breast pump

Leave luggage in the car. Your family or friends can bring it to you later.

## WHAT TO LEAVE AT HOME

We are not responsible for lost or damaged personal belongings and cannot replace them.

Please leave these and other valuables at home:

- Credit cards, money, watches, purses and wallets
- Jewelry: It can cause burns, skin tears or swelling when worn during surgery.
- Piercings: Any piercings not removed before surgery will be removed during the procedure.
- Tobacco products, including e-cigarettes

## WHAT TO EXPECT WHEN YOU ARRIVE

Upon arrival to the hospital, check in at the admitting desk (2nd floor for Main hospital surgery, 3rd floor for Pavilion surgery). A team member will greet you and bring you back to the preop area. We ask your family/visitors to wait in the lobby while the preop nurse gets you ready for surgery.

The nurse will get your height, weight, blood pressure and temperature. You will be asked to change into a hospital gown. Females of childbearing age may be asked to submit a urine sample. If lab work is not completed before surgery, you may have blood drawn. The nurse will review your medications and ask a series of questions. An IV will be inserted.

The anesthesiologist will see you and review your history. You will meet your CRNA (nurse anesthetist) and your operating room nurse. Your surgeon will see you before surgery. Two family members may sit with you while you wait for surgery in the preop area.

## **DURING SURGERY**

The anesthesiologist will discuss the most appropriate anesthesia options with you.

### **TYPES OF ANESTHESIA**

**General Anesthesia:** You will be completely asleep and unaware of your surgery. A tube will be placed in your mouth to protect your airway and support your lungs. It will be removed before you are fully awake.

**Monitored Anesthesia Care (MAC):** You will be drowsy and comfortable but not fully asleep. You will be able to respond easily to touch and sound.

**Regional Anesthesia:** There are a few types of regional anesthesia, which numbs the part of your body undergoing surgery. It may be combined with other anesthesia.

- **Epidural:** Commonly used in childbirth, a local anesthetic is injected just outside the nerves in your back through a tiny catheter that stays in your back. You will lose some sensation and movement in the lower part of your body, but you will regain these after the nerve catheter is removed.
- **Local Anesthesia:** This is an anesthetic injected into the skin at the surgery site to numb the area.

- **Nerve Blocks:** Done prior to or after your surgery, this type of anesthesia blocks pain to the part of your body where your surgery is being performed. This technique is often done in combination with other anesthesia. The area may remain numb for about 12-48 hours. You may leave with a nerve catheter and a medication pump to reduce pain. You will be instructed on how to remove your catheter three days after surgery and mail the pump back.
- **Spinal:** Used for surgeries involving the lower part of the body, a local anesthetic is injected next to the nerves in your back. You will lose sensation and not be able to fully move from the waist down. After your procedure, your feeling and movement will quickly return.

## AFTER SURGERY

You will become more aware of your surroundings as your anesthesia wears off in the Post-Anesthesia Care Unit (PACU). The PACU nurses will monitor you closely and keep you comfortable. The time anesthesia takes to wear off varies from patient to patient. When appropriate, you will be transported to your room or discharged home.

As the anesthesia wears off, you may experience:

- Drowsiness
- Mild sore throat or hoarseness from the breathing tube
- Blurry vision
- Dry mouth
- Nausea or vomiting

Additionally, after surgery:

- Breastfeeding mothers: Pump and waste your breast milk one time after you awake from anesthesia.
- Take your pain medication as prescribed.
  - Start taking your oral pain medication before the nerve block has worn off.
  - Eat food with pain medication to avoid an upset stomach.
  - Constipation may occur with pain medications; drink plenty of water and eat high fiber foods; consider using Metamucil or MiraLAX®.
  - Do not drink alcohol while taking pain medication.
  - Do not drive while taking pain medication.

Note: You may have received medication during surgery that interferes with hormonal birth control methods for seven days. You should consider an alternative birth control method/s for one to two weeks post-anesthesia.

- Use your incentive spirometer every hour, 5-10 breaths, while you are awake to help improve your lung function.

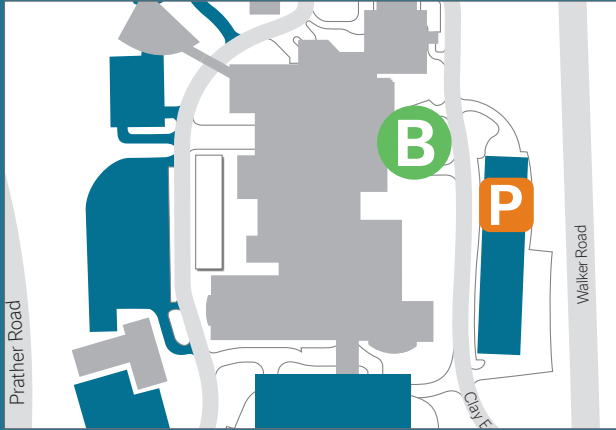
- Inhale normally and then breathe out.
- Place your lips around the mouthpiece.
- Make sure the device is upright and not tilted.



- Breathe in slowly and deeply, filling your lungs with as much air as possible.
- Hold your breath long enough to keep the disc or balls raised for 3 seconds.
- Get up and walk as soon as possible, if your doctor allows; staying in bed after surgery may cause serious complications.
- Chew gum to help get your bowels moving.
- Take all medications as directed and follow your doctor's instructions.
- Use ice packs, and raise your arms or legs on two or three pillows to help reduce pain.
- Make and keep your follow-up appointment.

# MAIN HOSPITAL SURGERY



## 2nd Floor Hospital



### Parking

Park in the Visitor Parking garage **P** near the Main Entrance **B**.

### Entrance

- Enter the Main Entrance **B** and walk straight (west) across the Compass  and to the end of the hall.
- Turn left (south) at the hallway and proceed to the Reception Desk  to sign in.





# PAVILION AND OPEN HEART SURGERY

## 3rd Floor Pavilion



### Parking

- Complimentary valet parking is available at the 1st floor Pavilion Entrance.
- Park in the Visitor Parking garage **P** near the Pavilion Entrance **G**.

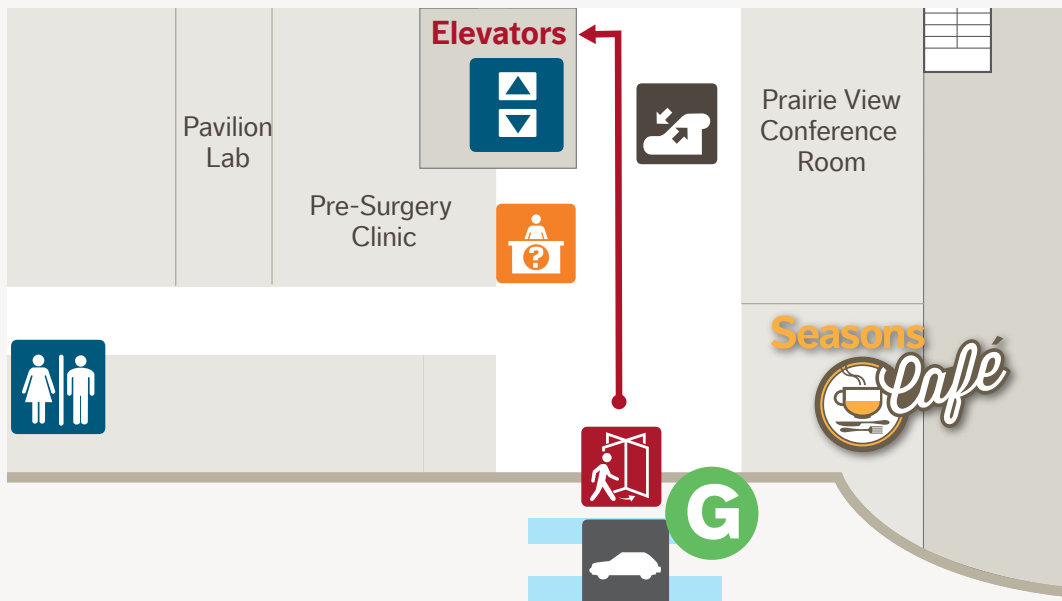
### Entrance

- Enter the Pavilion **G** and walk past the Information Desk **I** to the elevators **E**.
- Take an elevator to the 3rd floor.

### 3rd Floor

- Exit the elevator **E** and proceed to the Reception Desk **R** to sign in.

If you are having open-heart surgery, please bring your folder on the day of your surgery.



**ADDITIONAL ITEMS TO ADDRESS BEFORE SURGERY**

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**QUESTIONS**

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## HELPFUL NUMBERS

Cardiac Center | **816.691.1197**

Orthopedic Nurse Navigator | **816.691.8282**

Main Surgery | **816.691.1759** or **1760**

Pavilion Surgery | **816.691.1758**

Pre-Surgery Clinic | **816.691.1344**

If you need to cancel your surgery, call your surgeon.

Visiting hours are 6 a.m.–9 p.m., but restrictions may vary by patient care unit.



2800 Clay Edwards Drive  
North Kansas City, MO 64116

816.691.2000 | [nkch.org](http://nkch.org)