

PHYSICIANS MEDICAL CENTER
218 Corporate Dr., Houma, La. 70360
(985) 853-1390

PATIENT INSTRUCTION SHEET

Depending on the procedure, you may:

- Have the operation and go home the same day
OR
- Arrive at the hospital the day of surgery, and stay 1 or more nights

Arrangements and Responsibilities Prior to Procedure:

What arrangements should you make prior to the day of your procedure?

- Arrange for a responsible adult to remain at the facility during your surgery and recovery phase.
- Family members accompanying you should bring a light jacket or sweater for comfort.
- Anesthesia impairs driving skills for up to 24 hours so you must arrange for someone to drive you home. Public transportation is allowed if accompanied by a responsible adult.
- Arrange for someone to stay with you the day of your surgery once discharged.

What are your responsibilities?

- No food or drink (This includes: hard candy, gum, mints, and drinking water)
 After midnight _____.
- When brushing your teeth the morning of your procedure, do not drink the water.
- Stop smoking and drinking alcohol at least 24 hours prior to your procedure.
- Report any changes in your health- cold, flu, medications, exposure to communicable diseases, fever
- Follow your doctor's instructions concerning prescription medications for conditions such as elevated blood pressure, heart problems, diabetes, etc.
- Washing hands with soap and lukewarm water for 15 to 20 seconds, after using the bathroom, before eating and drinking, handling soiled items, visibly soiled hands, before and after any type of wound care
- Check with your doctor if you should take or stop taking blood thinners such as aspirin, Coumadin, Ibuprofen, Plavix, etc.

We will call you the afternoon before your procedure with the time to arrive. If you have not been contacted by 4:00 p.m., please call PMC at 985-853-1390.

Special Instructions

- Bring all medications that you are currently taking at home in their original container obtained by the pharmacist.
- Bring prescribed eye drops morning of surgery.
- Pain Management Procedures- Avoid all aspirin and Ibuprofen products five days prior to procedure and avoid for at least three days after.
- Return for blood work between 8am-5pm
- Urine sample will be required morning of surgery.

Antibacterial Medicated Douche

- Night before surgery Morning of surgery

Fleets enema

- Night before surgery Morning of surgery

Hibiclens wash- wet skin, apply to surgical area, wash for 2 minutes, then rinse and dry with a clean towel

- Night before surgery Morning of surgery

Colon Prep

- As directed by your doctor.
- Magnesium Citrate Prep the afternoon before surgery beginning at 4 p.m.

The Day of the Procedure:

Hygiene

- You may take a bath or shower the morning of or the night before your procedure.

What to wear the day of your procedure?

- Loose, comfortable clothing.
- Do not put on makeup, nail polish, hair pins and barrettes.
- Remove all body piercings.
- You may tie back or braid long hair using a hair band.
- Leave all valuables, including your wallet, purse, handbag, jewelry at home as we have no provisions for their safekeeping and will not be responsible for them.
- Be prepared to pay your co-payments and deductibles, however, do not bring large amounts of cash with you.
- If you wear glasses, contacts, and / or dentures, bring the case(s).
- If you have Sleep Apnea and use a CPAP machine, bring it with you.

At the facility:

- Sign in with the receptionist.
- In order to properly care for patients ahead of you, you may have an extended wait in the lobby.

Pre-op:

- You may have to sign consent forms if you haven't signed them already.
- Staff will place an I.D. bracelet on your arm.
- You will be asked to empty your bladder and change into a gown and cap.
- You will be asked to remove contacts, glasses, dentures.
- You will be asked to remove underclothing, i.e. underwear, bra.
- Staff will place you on a stretcher and take your temperature, attach a monitor to your body to check your heart rhythm, pulse, and Oxygen saturation.
- If ordered, you may have to take some medication.
- An intravenous line (IV) will be initiated to provide needed fluids and medications during the operation.
- After the necessary tasks are done, one family member may visit with you until your procedure.
- The OR team will introduce themselves to you: Anesthesia personnel (person responsible for putting you to sleep or making you comfortable during your procedure) and OR nurse.
- If you have concerns or questions, please ask.

In the Operating Room:

- The lights may be bright and the air may feel cool.
- Your O.R. Team will be dressed in gowns, mask, hair coverings, and gloves for your protection.
- You'll be moved from the stretcher to a narrow bed and a strap will be used to keep you safe during your procedure.
- Monitors will be placed on your body to monitor your vital signs.
- Anesthesia personnel will administer your anesthesia depending on your procedure.
- You will be monitored throughout the procedure.

In the Recovery Area:

- After your operation, you'll be moved to a recovery area while the anesthesia wears off.
- Recovery can be anywhere from a half hour to longer than one hour.
- Monitors will be reattached to your body.

- Staff will continue to monitor your vital signs.
- You may have oxygen.
- Report any discomfort to the nurse.
- When you are ready for discharge, one family member may be present for instructions.
- Parent(s) will be allowed to stay with their child.
- If you were scheduled as an outpatient, the nurse will provide you with discharge instructions specific to your procedure.

Post Surgical Unit:

- Home Medications will be verified by the Pharmacist. Your home medications will be retained in our medication room in a bin labeled with your name for use during your hospital stay. We are not allowed to retain some medications such as, Xanax, Valium, or Narcotics. These medications will be sent home. Due to additional medications that may be administered during your stay, you are not allowed to self-medicate.
- Parents are asked to stay with their child throughout their stay.
- Visiting hours for the Post-Surgical Unit are between 8:00 a.m. – 8:00 p.m.
- The facility will be locked at dusk.
- Anyone returning to the facility after dusk must ring the buzzer outside the In-patient entrance.

About Self-Care for the first 24-hours:

Exact instructions may vary – but here are some general tips:

- Eat lightly at first, then easy-to-digest solid foods such as toast, plain rice, gelatin, etc.
- Don't drive, operate machinery or make important decisions – your coordination and judgment may not be at their best.
- Don't smoke or take any medications, supplements or other remedies without asking your health-care provider.
- Don't drink alcohol – it can interact with anesthetics still in your body.
- Follow any special instructions given by your health-care provider for diet, exercise, breathing techniques, or medications.
- Take charge of pain management by following your health-care provider's directions.

Call Your Health-Care Provider if you have:

- Unexpected bleeding, swelling, drainage from an incision.
- Increased pain or if the pain will not go away.
- Signs of infection.
- Calf pain, tenderness to touch, swelling.

Keep All Follow-up Appointments:

- You may have to call your doctor's office for an appointment.

Your opinion matters: Our patient satisfaction survey will be sent to your email address within three weeks from discharge. The survey will arrive in your in box as "Request for feedback-Physicians Medical Center". Please tell us how we are doing by responding with your comments. All satisfaction surveys are reviewed by administration and kept completely confidential.