

Aspirus Wausau Hospital

Patient Procedure Guide



Welcome!

Thank you for choosing Aspirus Wausau Hospital for your procedure.

Our goal is to include you and your support system in your care through each step of the way. This guide book will help you get ready for your procedure. Failure to follow the instructions in this book could result in your procedure being delayed or possibly canceled. **Please read everything in this book.**

Patient Name _____

Support Person/Driver _____

Procedure Date _____

.....

Table of Contents

What To Do Now?	1
The Day Before	3
The Evening Before	3
The Day Of	5
Arrival At The Hospital	6
After Your Procedure	7
First 24 Hours.....	8
At Home	8
Pain: What You Need to Know	9
Pain Scales.....	10
Preventing Infection.....	11
Directions to Aspirus Wausau Hospital Campus.....	12
Map of Aspirus Wausau Hospital Entrances.....	13

.....

What To Do Now

Pre-Register

- You will be contacted by Pre-Registration to verify phone, address, insurance and emergency contact info.
 - » If you have not been reached within 3 days of your procedure, please call 715-847-2175 or toll free 800-477-4496. Hours are 8:00am to 7:30pm Monday - Friday and 8:30-4:30 on Saturday and Sunday.
 - » This is important to prevent delays the day of your procedure.

Pre-procedure Doctor Visit

- This may be your procedure doctor or current primary doctor.
 - » It **cannot** be more than 30 days before your procedure.
 - » Should be no later than 3 days before your procedure.
 - » Bring **all** your medications, both prescription and over-the-counter.
 - » **Ask your doctor which medications to take the morning of your procedure. Also ask if any of your medications/supplements should be stopped ahead of time.**



Find a Driver

- Due to the effects of the medications you will be given **DRIVING is NOT allowed.**
- Driver must be a responsible adult (18 years or older).
- Public transport may be used **only** if you have a responsible adult with you.

Find Someone to Stay with You if You will be going Home the Same Day

- Due to the effects of the medications you will be given **YOU MUST HAVE** someone to stay with you the first 12-24 hours after your procedure if you go home.
- They must be a responsible adult (18 years or older).
- They must stay with you at least 12 hours if you have Monitored Anesthesia Care (MAC) or sedation.
- They must stay with you at least 24 hours if you have General Anesthesia.
- They must also receive your discharge instructions to help you remember what to do when you get home.

What to Avoid

- Shaving
 - » Tiny nicks provide openings in the skin for germs to enter.
 - » If your procedure requires a cut/incision of your skin do not shave near the site for at least 3 days before your surgery.
 - » Any needed shaving will be done at the hospital.

What to Avoid

- Fake nails/nail polish
 - » Germs hide under fake nails and nail polish.
 - » This may interfere with checking your oxygen level.
 - » The color of your nailbeds tells us how you are doing.
- Jewelry - this includes body piercings
 - » Carries germs.
 - » Can cause burns if a device is used to seal blood vessels to prevent bleeding.
 - » May need to be cut off if swelling develops.
 - » See a jeweler to assist in removing if needed.

Nurse Phone Call

- A pre-procedure nurse from the hospital will call you 1-2 days before your procedure.
- Takes about 10 to 20 minutes.
- They will give you an arrival time.
 - » We strive to start your procedure on time, but due to unexpected events this may change. We suggest that you & your driver do not have any other plans for the day.
- They will review the following with you, please be prepared.
 - » Health history, past surgeries and any past problems with sedation.
 - » Allergies including tape, latex, foods, medications, metals, dyes and surgical scrubs.
 - » **All** medications you take, both prescription and over-the-counter.
 - Dose and how many times a day you take it are needed.
 - » Pre-procedure instructions as needed.
- They will assist in answering any questions or direct you to someone who can answer your questions.

Lodging

- Some area hotels offer discounts to Aspirus patients.
- For more info, visit the Aspirus website at aspirus.org. Click on “Locations” and then select “Aspirus Wausau Hospital”. Scroll down to “Lodging” and click on the hyperlink for the brochure to open. You can also ask for more info during the nurse phone call.

The Day Before

If you have not received a call from the Aspirus Wausau Hospital pre-procedure nurse by the day before your procedure, please call them. Nurses are available Monday-Friday between 8:00 am and 4:30 pm. You can reach the nurse by calling 715-847-2799 or toll free 877-350-2197.

Avoid any Tobacco/Nicotine Products

- Use of tobacco increases the risk of respiratory problems and infection and can affect healing.
- Use of tobacco products and e-cigarettes within Aspirus facilities and surrounding campuses is prohibited.



Avoid Alcoholic Beverages

- Alcohol could interfere with medications you may receive and can delay your recovery.

Report Changes or Illness

- Notify the office of the doctor that is performing your procedure **directly** if you develop any change in your physical condition i.e., fever, cold, rash, open sore/wound or need to cancel your procedure for any reason.
- Most doctors' offices will have an answering service to help you if you need to call after office hours.

The Evening Before

Diet

- Eat a regular meal **unless** your doctor has given you other instructions.
- **Do not** eat any solid food after midnight.
- **Do not** chew gum, suck on hard candy, cough drops, mints or chewing tobacco after midnight.
- You are allowed 4 ounces (1/2 cup) of clear liquid up to 2 hours prior to your arrival time. (For example, if your arrival time is 10 a.m. you could have 4 ounces of liquid before 8 a.m.)
 - » Clear liquids are liquids you can see through:
 - Examples are water, apple juice, soft drinks, tea, coffee, broth, Gatorade, and plain Jell-O. (No dairy products in coffee or tea, sweetener is ok).

*Sedation decreases your protective reflexes (coughing/gagging), thus it is extremely important to follow these instructions to prevent the possibility of stomach contents going into the lungs. Stomach contents going into the lungs can cause very serious problems.

****Your procedure may be DELAYED or CANCELED if you do not follow these instructions****

Shower or bathe

- **Bathing removes germs and helps prevent infections.**
- Your doctor may have told you to purchase a soap containing chlorhexidine (HibiClens, DynaHex), if not, shower or take a bath using any antibacterial soap such as Dial or Safeguard (or any liquid/bar soap that says antibacterial).
- Use a clean washcloth and towel and bathe head to toe.
- If your procedure requires a cut/incision of your skin, gently wash that area in a circular motion for about 5 minutes.
- Rinse soap off.
- Use your normal shampoo and face soap.
- Sleep on clean sheets and use clean pajamas.

What to Bring/Pack

- Remotes and/or supplies for any internal or external pumps/devices.
- Storage cases for any eyeglasses, hearing aids or dentures.
- Any equipment i.e., walker, crutches, brace that your doctor has told you to bring.
- Advance Directive, i.e., Living Will or Power of Attorney for Health Care. If you have one and it is not on file with Aspirus.
- Guardianship or incapacitation papers if any.
- Limit personal items and leave all valuables (jewelry, money, wallet, etc.) at home.
- If you will be staying the night, the hospital has bathrobes, gowns, pajama bottoms, slipper socks and toiletries (i.e., toothbrush, toothpaste). Please leave your bag in the car. If needed, your family can bring your bag in once you have a room.
- **Do not** bring any of your medications unless an Aspirus Pharmacist calls you and tells you to do so.

The Day Of

Morning Medications

- Take the medications your doctor told you to take with just a few sips of water.
- Do not chew gum, suck on any hard candy, cough drops or breath mints.

Shower or bathe

- Bathe **again** head to toe the morning of to remove germs which will help prevent infection.
- Use your surgical soap or an antibacterial soap.
- Use a clean washcloth and towel.
- If your procedure requires a cut/incision of your skin, gently wash the area in a circular motion for about 5 minutes.
- Rinse soap off.
- After you shower/bathe:
 - » Do not use any perfume/cologne, lotion or deodorant which increases the chance of infection.
 - » Do not use any leave-in hair products. Most hair products contain alcohol which can be a fire hazard.
 - » Do not wear any make-up or nail polish (on fingers or toes). Your natural color tells us how you are doing.
 - » Wear clean comfortable clothes that are easy to take off and put back on.

Oral Care

- Brush your teeth well but do not swallow any water.

NO Contact Lenses

- Wear your eye glasses and bring a case along. Contacts can cause damage to your eye if left in.

NO Jewelry

- This includes body piercings.

Arrival At The Hospital

Check In

- At **Entrance B** of Aspirus Wausau Hospital. Check in at the reception desk. There is a map included at the end of this book.
- It is important that you arrive on time. Failure to do so may result in cancellation of your procedure.

Day Surgery

- This is the pre-procedure area where staff will get you ready for your procedure.
- This may include signing papers, additional testing and starting an intravenous (IV) (a catheter placed in a vein that liquid goes through).
- If your procedure requires a cut/incision on your skin you will be asked to wipe down your skin with cloths containing Chlorhexidine. This provides an antimicrobial layer on your skin for up to 6 hours. You will also be asked to swab the inside of your nose with a betadine solution. This is done to help prevent infections.
- Female patients may need to give a urine sample for a pregnancy test if appropriate. Don't empty your bladder right before you arrive.
- Your nurse will need to know when you last took all your medications and ask/review a few questions. This is for your safety and to ensure you are ready for your procedure.
- Due to space, and for the privacy of all patients, only one to two support persons will be allowed to go back with you to Day Surgery.

Stay Warm

- Lowers your chance of getting an infection.
- You will change into a heated gown.
- Warm blankets are also available.

Preventing Blood Clots

- Depending on the type and length of your procedure you may have compression stockings and/or devices applied to your legs. These are called TED hose and/or Sequential Compression Devices (SCDs) and help keep blood moving through your veins.

Anesthesia

- If your procedure is being done with anesthesia, an anesthesiologist (a doctor who specializes in giving anesthetics) will meet with you to discuss the type of anesthesia that is best for you.

Waiting Area

- Family will be shown to the waiting room once you go for your procedure. This is where your doctor will come to speak with them when they are finished. Family should stay in contact with the waiting room staff so they are on hand for any updates.

After Your Procedure

Recovery

- If you receive General Anesthesia, you will be taken to the PACU (Post Anesthesia Care Unit) or “recovery room”. The PACU is a large open room that allows the nurses to watch and care for patients waking up from anesthesia. The length of time you stay in the PACU depends on how you are waking up. It can be 1-2 hours or longer. Family will be able to see you once you return to Day Surgery or to a hospital room.
- If you receive Monitored Anesthesia Care (MAC) or IV sedation, you will be taken to the post-op area of Day Surgery for monitoring and recovery. Family will be able to see you once you are settled in.

Pain Control

- Your pain level will be monitored, and a variety of interventions may be taken to help control any pain.

Preventing Problems

- We will assist you out of bed as needed. Do not try to get out of bed on your own.
- Coughing and Deep Breathing Exercises - *Helps prevent lung problems like pneumonia*
 - » Take a deep breath through your nose until you can feel your lungs expand. Pause briefly.
 - » Breathe OUT slowly through your partly closed mouth.
 - » Repeat steps one and two. DO THREE OR FOUR TIMES.
 - » After the last deep breath, cough strongly twice.
 - » Repeat these exercises every hour while awake or as often as your nurse tells you to.
 - » You may be shown how to use an Incentive Spirometry (a handheld plastic breathing device) to assist you in the coughing and deep breathing exercises.



- Leg Exercises - *Helps prevent blood clots*
 - » Ankle pumps. Pull toes toward your nose. RELAX. Push toes away, like stepping on the gas pedal of a car. Pump forward and backward. Repeat 10 times.
 - » Foot circles. Turn your feet in a circular motion, both clockwise and counterclockwise. Pretend you're drawing a circle in the air with your big toe. Repeat 10 times.
 - » Repeat these exercises every hour while awake.
 - » Avoid crossing your legs.

First 24 Hours

Restrictions

- Do not drive a car or operate any kind of machinery, use the stove, sign any important papers or make any important decisions.
- Avoid smoking or use of other tobacco/nicotine products, or alcohol and drugs not approved by your physician.

Preventing Problems

- Continue to do leg exercises and to take deep breaths and cough until you are back to your normal activity.

Follow Discharge Instructions

- Follow the written home instructions from your nurse and doctor.
- These will all be reviewed with you and your support person before you leave the hospital.
- You will have a copy to take home.

At Home

Rest

- You may feel tired, dizzy, light-headed and weak.

Drink Plenty of Fluids

- Unless told differently.

Comfort

- You may have pain or discomfort.
- Try the things you learned in the hospital to help reduce your pain.
- Use pain medications only as needed and prescribed.
- Contact your surgeon if your pain is not at a good level for you.
- Refer to your home instruction sheet for more info or phone numbers if you need to call your doctor.

Follow up Phone Call

- If you are discharged the same day as your procedure, you can expect a phone call from a nurse in a day or two to see how you are doing.

Concerns

- Call the office of the doctor that did your procedure.

Pain: What You Need To Know

There are many causes of pain.

- No matter the cause, there are many ways to decrease pain.

Tell someone that you are having pain.

- If you don't, the staff may not know that you are having pain.
- People feel pain in different ways.
- Pain can also affect our emotions and ability to cope, so it is important to reach out if pain is making you feel hopeless or depressed.

Describe your pain.

- It is important to know how to describe your pain to be able to help control it:
 - » What does it feel like?
 - » Is it sharp, dull, throbbing, burning or tingling?
 - » Where is it located?
 - » Is it there all the time or does it come and go?
 - » Rate your pain on a scale from 0-10, with 0 being no pain and 10 being the worst pain you can imagine.

Take control of your pain.

- Pain is easier to control when it is mild than when it is severe.
- **Ask for pain medications if needed.** Many pain medications are ordered "as needed". This means you must ask your nurse for pain medications when you are having pain. You will be asked how the pain med is working to make sure your pain is controlled.
- Set a pain goal that will allow you to follow your discharge instructions.

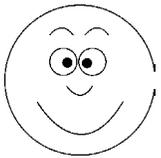
**With less pain, you can start walking, do your coughing and deep breathing exercises and get your strength back sooner. Your risk of pneumonia and blood clots is reduced when you do your exercises.*

Side Effects of Pain Medicines

- Common side effects of pain medications are drowsiness, nausea and constipation.
- Avoid activities that require you to be alert.
- Avoid constipation by eating high fiber foods, drinking plenty of liquids, and taking a stool softener.
- Call your doctor if these things are not helping.

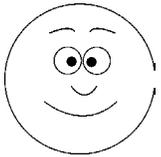
Pain Scales

You can rate your pain using faces, numbers or descriptions:



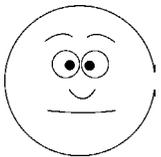
0 - 1

NO PAIN to “just barely” noticeable.



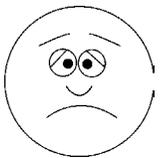
2 - 3

Your pain does not prevent any activity. You may have to stop and think about it to really tell your pain is there and not gone.



4 - 5

Your pain does prevent you from doing some activity. You now notice your pain, perhaps at rest or during activity. This would be a good time to start to do something toward relief if it hasn't already been done.



6 - 7

Your pain is getting worse, but you can do activities like use the phone, watch TV or read. You are able to focus on something else rather than the pain for a short period of time.



8 - 9

Your pain is getting worse, and you can't do things like use the phone, watch TV or read. Your pain may be severe enough that it makes you stop in the middle of an activity, or not complete an activity at all. It is difficult to think of anything else but your pain.



10

Your pain is now the worst you can imagine. You may be crying or unable to talk because of the pain.

Preventing Infection

- **Most patients do not get an infection.**
- **What hospital workers do to prevent infection:**
 - » Clean hands with soap and water or an alcohol-based rub before and after caring for each patient.
 - » Have you wipe down your skin with antimicrobial wipes and swab your nose prior to your procedure.
 - » Have you wear a special gown that keeps you warm.
 - » Depending on the type of procedure, an antibiotic may be given prior to the start of the procedure.
 - » Remove hair, if needed, from the skin around where any cut/incision is going to be made.
 - » Clean hands and arms up to the elbow with a germ killing soap just before your procedure.
 - » Clean the skin where any cut/incision is going to be made with a special soap that kills germs.
 - » Wear special hair and shoe covers, masks, gowns, and gloves during the procedure.

What you can do to prevent infection:

- Quit smoking.
- If your procedure requires a cut/incision of your skin do not shave near the site for at least 3 days before your procedure.
- Tell your doctor about any current infections you are being treated for.
- Call your doctor if you become ill or develop any skin rashes, cuts or open areas on your skin.
- Ask for extra blankets if you are cold.
- Wash your hands often.
- Don't touch the cut/incision.
- Keep clothing, skin and linen around the cut/incision clean & dry.
- No pet contact near the area of the cut/incision.

Directions to Aspirus Wausau Hospital Campus Entrance B

From the North via I-39 S/US-51 S:

Take Exit #193 (Bridge Street) and take a right off the exit ramp at the lights. Bridge Street will end at stop sign in front of Aspirus Wausau Hospital.

1. Turn left onto Pine Ridge Blvd.
2. Turn right at the Entrance B sign.

From the South via I-39 N/US-51 N:

Take Exit #193 (Bridge Street) and take a left off the exit ramp at the lights. Bridge Street will end at stop sign in front of Aspirus Wausau Hospital.

1. Turn left onto Pine Ridge Blvd.
2. Turn right at the Entrance B sign.

From the West via WI-29E:

Exit off of WI-29E via Wausau/HWY 51 N exit. Keep left at the fork in the ramp and go straight at the first set of stop lights (Highway 52). Turn left onto 28th Avenue (second set of stop lights).

1. Turn right onto Plaza Drive.
2. Turn left onto Pine Ridge Blvd.
3. Turn left at the Entrance B sign.

From the East via WI-29W:

Merge onto I-39/US-51 N. Take Exit #193 (Bridge Street) and take a left off the exit ramp at the lights. Bridge Street will end at stop sign in front of Aspirus Wausau Hospital.

1. Turn left onto Pine Ridge Blvd.
2. Turn right at the Entrance B sign.

Aspirus Wausau Hospital & Clinics ENTRANCES

2/2019

