

These instructions are a guide to help you understand and prepare for your upcoming procedure. These instructions may not answer all of your questions. Please feel free to contact us with any concerns you may have at the below phone numbers.

Pre-Admitting Office

Phone:
(405) 631-3085 option 3

Inpatient Nurses Station (after 5pm)

Phone: (405) 631-3085 – Press 8 on the menu

The Day before Procedure

- You will be notified by the pre-operative department the business day before your procedure by **5pm** with your arrival time.
- Please make arrangements for a responsible adult (18 years of age or older) to drive you to and from procedure. We cannot let you drive yourself home.
- Please do not drink alcohol or smoke 24 hours prior to your procedure.
- Remember to drink plenty of fluids the day before your procedure.
- No food or other liquids 8 hours before your procedure. You may take approved meds with a small sip of water at least 3 hours before your procedure. Failure to follow this instruction could lead to cancellation of your procedure. The nurse will remind you of these time frames when he/she calls you the day before with your procedure time.
- If you have a change in your physical condition (such as a fever, vomiting, or diarrhea), please contact your physician immediately.

The Day of Procedure

- Wear casual, loose fitting clothing, and flat shoes. Remove all jewelry and leave all valuables at home.
- Please remove contact lenses and wear your glasses. If you must wear contact lenses, please bring saline solution and a storage case so they can be removed right before procedure
- Bring your insurance cards and a photo ID with you.

Medications

- During your Pre-Admission Testing appointment, a nurse will review with you which medications you need to take the morning of surgery and which medications you will need to stop prior to surgery. See below for GENERAL guidelines.
- If you normally take the following types of medications in the morning, please take them the morning of surgery with a small sip of water:
 - ✓ Blood Pressure
 - ✓ Thyroid
 - ✓ Seizure
 - ✓ Heart
 - ✓ Anti-Psychotic/Anti-Depressant
 - ✓ Respiratory medications
- In general, the following types of medications need to be stopped at least 5 to 7 days prior to your procedure:
 - ✓ NSAIDS (Celebrex, Ibuprofen, Mobic etc.)
 - ✓ Herbal Vitamins/Supplements (Ginseng, Fish Oil, Vit. E etc.)
 - ✓ Aspirin or Aspirin containing products (Pepto-Bismol, Alka Seltzer etc.)
 - ✓ Weight Loss medication STOPPED 2 WEEKS PRIOR (Phentermine etc.)
 - ✓ GLP-1 agonists (Mounjaro, Ozempic, Wegovy, etc.)
- Blood thinners also need to be stopped prior to your procedure. These include Plavix, Xarelto, Warfarin etc. Please reach out to the provider's office who prescribed the blood thinner to you for clear instructions on stopping them.
- Diabetics- Please follow the prescribing physician's recommendations for dosage adjustments. Please ask your doctor who prescribes your medication, if you should adjust your dosage the morning of surgery. If, you will be staying overnight then please bring diabetic medications.

When You Arrive

- Please report to registration for check-in through the main entrance.
- After registration, a member of the nursing team will come get you to begin your pre-operative assessment and paperwork. Please note that we make every attempt to have you arrive at a time that minimizes your wait before procedure. However, there may be unanticipated delays that will increase your wait time.
- Please feel free to bring books or any reading material to help pass the time. There are televisions available in waiting room and free Wi-Fi.

After Your Procedure

- Before you leave, a nurse will provide you with written and verbal discharge instructions.
- If you have had any type of IV medication/anesthesia, you should plan to not drive, operate heavy machinery, sign legal documents, or make important decisions for 24 hours after your procedure.
- Many pain management procedures require the use of Omnipaque, a contrast medium that is injected within your spine during the procedure. Be sure you drink plenty of water following the procedure to ensure this medication is flushed out appropriately.
- You will need someone to drive you home and care for you following your procedure. Please arrange for someone (at least 18 years old) to drive you home. We will **not** let you drive yourself home. Otherwise, your procedure may be rescheduled for another day.
- If using public transportation then you must be accompanied by someone 18 years of age or older.
- A nurse will be contacting you following your procedure to see how you are doing. We care about you and your recovery process

Accommodations for staying overnight

- Bring all of your medications with you in the original bottles except for pain medication. Please leave pain medication at home.
- If you are having a back surgery that you need a back brace for, please bring the back brace with you to the hospital.
- If you use a CPAP or BiPAP at night, bring it with you.
- If you are having a Total Knee Replacement, Total Hip Replacement or Back Surgery, you will need to purchase or borrow a walker prior to your surgery.

Visitation

- While we encourage family members to visit, we also ask that you respect the other patients that are here. Some patients may like to be surrounded by family, whereas others prefer to rest in solitude.

Fall Prevention and Safety

During your stay at OneCore, you may have one or more medical conditions that put you at risk for a fall or an injury resulting from a fall. Your safety is our top priority. We would like to partner with you to keep you safe from falling. Please tell us what we can do together to reach this goal. Below are some tips we would like to share with you, because we are here to help you. We encourage you to have nursing staff or a family member with you when getting out of bed for the first 24 hours.

You can be at risk for falling, if you:

- Have trouble hearing or seeing
- Have fallen in the past 6 months
- Are afraid of falling
- Are unsteady on your feet
- After you have received anesthesia or sedation
- Have a low red blood cell count, which can cause you to feel very weak and tired
- Are taking more than one medication for pain, insomnia, anxiety, or nausea and feel sleepy or dizzy
- Have a procedure that affects your awareness of pain or affects your sense of balance, like loss of sensation from an anesthesia nerve block causing possible weakness, numbness, and/or tingling

Help us to prevent a Fall by pressing the “Nurse Call” button for help immediately when you:

- Get in and out of bed
- Feel dizzy or unsteady when you try to stand
- Need help to use the bathroom or a bedside commode
- Want to get out of bed but have an IV pole, oxygen tubing, Foley catheter, suction machine, or other drains
- Drop something on the floor. Bending or reaching down can result in losing your balance.
- Spill something on the floor. We want to clean up the spill so that you and others do not slip.
- Experience pain
- Have too many items (furniture, electrical cords) cluttering your pathway in your room
- Please remind your nurse and other caregivers to place the “Nurse Call” button and all personal items close to your bed. This way, you can easily reach them when you need them.

Legal Documentation

- Legal guardians or those with medical power of attorney are encouraged to bring appropriate documentation with them.
- If you have a living will, advance directive, or do not resuscitate, please bring a copy with you to leave in your medical record. *All precautions are taken to ensure an optimal surgical experience, however, should an emergency situation occur during your treatment, we will initiate resuscitative or stabilizing measures before transferring you to a hospital for admission. After the initial emergency has passed, if necessary, your Advance Directive will be consulted and carried out if indicated.*
- It is not required you have an Advance Directive, however if you do not have one and would like additional information or would like to execute one then copies of the form are available for you to complete.

Frequently Asked Questions about Surgical 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 procedure 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 procedure
- 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 procedure 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 procedure.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- Wear special hair covers, masks, gowns, and gloves during procedure to keep the procedure area clean.
- Clean the skin at the site of your procedure with a special soap that kills germs.

What can I do to help prevent SSIs?

Before your procedure:

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your procedure and your treatment.
- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your procedure.
- Do not shave near where you will have procedure. Shaving with a razor can irritate your skin and make it easier to develop an infection.

At the time of your procedure:

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

After your procedure:

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.
- 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 procedure site, drainage, or fever, call your doctor immediately.
- If you have additional questions, please ask your doctor or nurse.