

Patient Guide to the Surgical Experience

As a patient, you are the most important part of our team. Our healthcare professionals understand that having surgery can be a very stressful time. We hope that by explaining what you should expect before, during and after your surgery, we can help to reduce some of your anxiety and make it a better experience.



Preparing for your surgery:

- Prior to your surgery, call your doctor to report any changes in your physical condition such as: sore throat, cold, fever and/or any cut, bug bite, pimple or laceration at the surgical site. These conditions could increase the risk of infection and your surgery may need to be postponed.
- Discuss with your physician any medications you are currently taking, including herbal and over-the-counter drugs.
- Discuss any allergies, including an allergy to latex.
- Write down any questions that you have for your surgeon or anesthesia care provider.
- If you are not going to be admitted to the hospital after surgery, arrange for someone to drive you home and stay with you until the anesthetic has worn off.
- Shower or bathe with an antimicrobial soap (your doctor may require the use of a special cleansing agent; if so, you will be instructed about this during your pre-admission appointment). Also, wash your hair. These activities have been shown to reduce bacteria on your skin.
- Please remove all make-up and nail polish so that we can better monitor your color and circulation.
- Please leave jewelry and valuables at home or give them to a family member for safekeeping.

- Please do not shave the operative site prior to your surgery. Our staff will clip any excess hair that your doctor requests to be removed. Small nicks or scratches can be a source of infection and may result in the cancellation of your surgery.
- Do not eat or drink anything by mouth unless otherwise instructed. This includes chewing gum, hard candy or throat lozenges. Take any medications that you have been instructed to take with ONLY a sip of water.

What to expect the day of surgery:

- Your healthcare team will identify you by name and date of birth. You will receive an identification bracelet that will remain with you until the time of your discharge.
- You will be asked to change into a hospital gown that will be issued to you in the pre-operative area.
- Our staff should wash their hands or use alcohol foam before and after touching you. Please remind us if you do not see this being done.
- To verify your operative site, you will be asked several times prior to surgery to state what type of surgery you are having and your name and date of birth. These questions are asked repeatedly and purposefully to ensure your safety.

- Depending on the type of surgery you are having, the part of your body that is to be operated on will be marked by your doctor. This is usually done while you are awake. This is called “marking the operative site” and is one of the many safety precautions we have in place.
- Your surgical team will complete a surgical checklist and take a “timeout” just prior to beginning your surgery. This assures the team members that they are performing the correct procedure at the correct site on the correct patient. Again, this is an effective way to provide for your safety.

After your surgery:

- You will be asked about your level of pain several times, beginning in the recovery area. Although it may not be possible to attain an absolutely pain-free state, the expectation is that your discomfort will be managed at an acceptable level. You will be asked to rate your level of pain on a scale of 0 to 10, with 0 being pain-free and 10 the most severe pain. Your doctor will order pain-control medication to reduce the level of pain.
- If you go home on the day of your surgery, our staff will call you within 72 hours to see how you are doing and answer any questions that you may have.

After surgery, call your doctor if you notice any of the following:

- A yellow or green discharge that is increasing
- A change in the odor of the discharge
- A change in the size of the incision
- Redness or hardening of the surrounding area
- The incision is hot to the touch
- Fever
- Increasing or unusual pain
- Excessive bleeding that has soaked through the dressing
- Excessive pain that is not relieved by pain medication

Upon discharge, our staff will provide you with instructions for your home care. This may include:

- Any new medications your doctor has prescribed, how they are to be taken and any possible side effects
- How to care for your wound/dressing, if applicable
- Care and application of eye drops (eye surgery patients)
- Any special instructions that have been provided by your surgeon regarding activity level, returning to work and making a follow-up appointment

Thank you for choosing our facility.

Baptist Health strives to provide the highest quality of care to all our patients. The healthcare team is committed to ensuring that your procedure is performed safely and the care provided to you exceeds your expectations. We urge you to become an active, involved and informed member of your healthcare team. If you have any patient care concerns or questions, please let us know.

Baptist Medical Centers:

Baptist Medical Center Downtown

800 Prudential Drive, Jacksonville, Florida 32207
904.202.2000

Baptist Medical Center Beaches

1350 13th Avenue South, Jacksonville Beach, Florida 32250
904.627.2900

Baptist Medical Center Nassau

1250 South 18th Street, Fernandina Beach, Florida 32034
904.321.3500

Baptist Medical Center South

14550 Old St. Augustine Road, Jacksonville, Florida 32258
904.271.6000

Wolfson Children's Hospital

800 Prudential Drive, Jacksonville, Florida 32207
904.202.8000



Depend On Us For Life.™

e-baptisthealth.com

Patient Guide to the Surgical Experience



Depend On Us For Life.™