

Planning for Your Surgery

Thank you for choosing Larkin Community Hospital for your surgery. Our goal is to provide excellent care and make your surgical journey as easy for you as possible.

Please read the information below on what to expect and how to prepare.

Surgery date

Your surgery date will be provided by your surgeon. A surgical services team member will call you with your arrival time prior to your surgery.

Important notes

If you develop a fever or your health condition changes during the week before your surgery, you must notify your surgeon's office immediately.

Ensure that you communicate with your doctor if you are pregnant or suspect you are pregnant.

For your safety, regulatory requirements mandate that healthcare organizations ensure and confirm that the patient has a designated responsible adult/patient advocate to provide transportation home and to remain with the patient for 24 hours, or as directed by the provider.

Have a friend, relative, or patient advocate who can:

- Take you to and from the hospital
- Be with you at the hospital and assist in your care afterward
- Communicate your patient directives to the care staff when you cannot
- Remind you to ask questions, which helps ensure that you are getting the best care possible

Anyone accompanying you to the hospital on the day of the surgery should be free of signs of infection or illness. Please contact the facility if the designated responsible adult is ill and you cannot find a replacement.

Taking a transportation service such as a taxi, Uber or Lyft without a designated responsible adult is not permissible and can lead to cancellation.

Planning for Your Surgery

Your surgery journey at a glance

You can provide feedback about your visit by completing a survey you may receive from an independent company that collects evaluations of patient experiences.

For your results, remember to register for our patient portal today at

<https://larkinhealth.com/en/patients-visitors/patient-portal/>



Planning for your surgery



Day before your surgery



Day of surgery



Discharge instructions and follow-up care



Home care after surgery

Planning for Your Surgery

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Planning for Your Surgery

Planning for time off from work

During your consultation, you should discuss the surgery recovery time with your surgeon. If your surgery requires you to miss more work than your allotted time off, you should consider contacting your human resources department to understand what, if any, arrangements need to be made and to gather information on the Family Medical Leave Act (FMLA) application process.

Registration

You will meet with the Registration team the day you come to meet with the Pre-Admitting Nursing team. You may also receive a call from the Registration team to complete the registration process.

Patient Rights and Responsibilities (Hospital)

At the time of registration, insured patients will be responsible for paying any deductible, co-insurance, co-payment or any other non-covered charges owed for their surgery, as outlined under their insurance benefits. Uninsured patients will be responsible for the full cost of their surgery upon registration.

Insured patients

If you are covered by health insurance, please remember that it is a contract between you and your insurance carrier. We will submit all insurance claims for you, including secondary insurance. To ensure proper processing of your claims, it is important that you supply accurate and up-to-date information during your preregistration or registration.

We can provide you with a good-faith estimate of out-of-pocket expenses for our facilities. This good faith estimate is not a guarantee and is subject to change should you need more, fewer or different services than what was quoted during your estimate.

Preauthorization or referral forms

Some insurance carriers require preauthorization or referral forms prior to the day of the surgery. It is your responsibility to know your insurance company's requirements. Please check with your insurance carrier if you are not sure about the need for preauthorization.

Facility fees and physician fees

A member of our registration department will contact you prior to the procedure or surgery to discuss the facility fees. If the providers performing your care are not Larkin Health employees (surgeon, anesthesiologist, and pathologist), you will receive a separate bill for their professional fees, and such fees will not be included in the good faith Estimate of out-of-pocket expenses. Questions regarding a bill from a physician should be directed to that physician's billing department.

Planning for Your Surgery

Uninsured patients

If you do not have insurance, we will refer your case to the Admitting Office to assist in creating a self-pay package for your services.

If you have questions about your out-of-pocket expenses for an upcoming surgery, please contact the Admitting Office at 305-284-7774 or your insurance company by dialing the member services number on the back of your insurance card.

Once your surgery is scheduled

A staff member from the Pre-admitting Office will contact you close to your surgery date for a phone or in-person interview.

At the time of the interview, a member of our nursing team will:

- Review your health history and medications, including special instructions for diabetes or blood-thinning medications such as Motrin, aspirin and Advil
- Ask about any allergies, implants or devices you may have
- Discuss discontinuing the use of herbal teas or remedies, such as ginseng, St. John's Wort, vitamin E (including multivitamins), fish oil, and garlic supplements 7 days before the procedure or surgery, as these can increase the risk of bleeding during the surgery. You may also need to stop taking weight loss medications (Ozempic and Monjaro) as they slow down digestion and may increase the risk of constipation after surgery.
- Review required preoperative evaluation and testing requirements
- Discuss smoking cessation - Refer to QR code below for more helpful information
- Provide preoperative instructions
- Answer questions you may have regarding the surgery process

If you have questions regarding your surgery risks and benefits, please contact your provider prior to your surgery date.

QUIT TOBACCO TODAY / DEJA EL TABACO HOY



English



Spanish

Planning for Your Surgery

Anesthesia

Anesthesia will be managed by your anesthesiologist and the anesthesia care team. Your anesthesiologist will meet with you the day of your surgery to review your medical and surgical history and explain your anesthesia options.

- General Anesthesia
- Moderate Conscious Sedation
- Regional Anesthesia (nerve block)
- Risks and Benefits of General Anesthesia

Informed consent

Informed consent is a process of communication between you and your healthcare provider regarding the potential risks and benefits of a procedure or surgery. This discussion leads to agreement or permission for care, treatment and services. Every patient has the right to get information and ask questions. The following information will be verified at the time of signing the informed consent:

- Your name and other information that can help the staff make sure you are receiving the right care
- The type of surgery you are having and the exact location on your body
- Any implants or devices you may have as a result of the surgery
- Confirmation that you spoke to your doctor about any risks involved, different care plans available to you and your post- surgery care plan
- Your agreement to have the surgery

Tip: Make sure the information is correct. If you have questions or if you do not understand something on the form, speak up. If you have questions regarding your surgery risks and benefits, please contact your provider prior to your surgery date.

Preparation and staying hydrated

Staying well-hydrated days before your procedure or surgery can be beneficial. Drink extra fluids if you do not have an illness or condition that discourages it. Avoid alcoholic beverages several days before your surgery.

Planning for Your Surgery

Pre-surgical clearance and testing

If your surgeon has requested medical clearance or assessments from a specialist, we encourage you to make an appointment for these items as soon as possible.

Below is a chart that specifies how long each type of pre-surgical evaluation and testing is valid; this will help you plan ahead.

| Item (if needed)** | Time Frame*** |
|--------------------|--|
| Medical Clearance | Schedule as soon as possible/valid for 30 days |
| Lab Results | Valid for 30 days |
| Type and Screen | Varies by patient based on medical history |
| EKG Chest X-ray | Valid for 6 months |
| Specialty | Valid for 6 months |
| Consultation | Schedule as soon as possible/valid for 30 days |

**Premenopausal patients will receive a pregnancy test the day of the surgery.

***The validity time frame stated in the chart above is applicable as long as you have had no change in your medical condition since the diagnostic test. The Pre-Admitting Office must receive all clearances and testing results at least three days prior to your surgery date to avoid any cancellation or delays. Your assistance in getting these documents to us is appreciated.

Day Before Your Surgery

Follow the instructions below:

- Do not eat or drink after midnight the night before your surgery unless otherwise instructed. This includes gum, mints, and hard candy. If your surgery will follow the Enhanced Recovery After Surgery (ERAS) pathway, *and you have been provided with a carbohydrate drink*, please drink one bottle after dinner the evening before the surgery and one bottle two hours before the surgery. If you are diabetic, please follow your provider's instructions.
- Do not smoke or vape 24 hours before your surgery. Ideally, you should quit smoking two months prior.
- Please take only those medications you were instructed to take by your physician.
- Follow Larkin Community Hospital showering instructions (page 15).
- Do not shave or wax anywhere on your body or face for 24 hours before surgery to minimize the risk of infection. If hair removal is required, clinical staff will do the hair clipping as part of your preparation on the day of the surgery. Shaving or waxing may increase your risk of acquiring a surgical site infection.
- Please remove nail polish and artificial nails.
- Shower with the antimicrobial soap the night before the surgery and again in the morning.
- If you develop a cold or flu-like symptoms, a fever of 101 degrees or higher, a skin rash or any other type of infection, especially on or near the surgical site, you must notify your surgeon to be evaluated. Please call the Pre-Admitting Office at [305-284-7774](tel:305-284-7774). (Please note that if your surgery date is re-scheduled due to illness or other factors, you may need to contact your physician(s) to be re-cleared or to receive new instructions on your medication regimen.)

Day Of Your Surgery

Upon waking up

- Repeat showering instructions (page 15).
- You may brush your teeth but do not swallow the water.
- Some medications are permitted to be taken the morning of your surgery with a small sip of water.
- If you are an ERAS patient and have been provided with a carbohydrate drink, drink one bottle two hours prior to the surgery. If you are diabetic, please follow your provider's instructions.

What to wear

- Do not bring or wear any valuables, including jewelry.
- Body piercings must be removed in order to prevent infection.
- You may wear your glasses, dentures, and hearing aids, which will be removed before the surgery.
- Do not wear any makeup, deodorant, perfumes, lotions, or contact lenses.
- Wear clean, loose clothing that will be comfortable and easy to put back on after your surgery, including low-heeled shoes with nonslip soles.

What to bring

- A list of all medications you are currently taking
- Your insurance card, a valid photo ID, and a form of payment
- Copy of advance directive or living will if not already on file at the hospital
- Any forms or imaging that your doctor has given you to bring the day of the surgery
- Case or container for your glasses, dentures, or hearing aids
- Existing implant card(s)
- Continuous Positive Airway Pressure (CPAP) machine and inhalers if staying overnight
- Any durable medical equipment such as a walker, crutches, etc., as instructed by your physician
- A designated responsible adult to drive you home after your surgery

Day Of Your Surgery

The facility will advise you on the number of friends or family members who can accompany you. During your surgery, your family is welcome to wait in the surgery waiting area.

We understand the importance of visitors to our patients' healing. Visitor guidelines may change when new circumstances are presented by adverse events such as the environment or pandemic.

Upon arrival

- Please plan to arrive at your confirmed time, which is usually two hours prior to your scheduled surgery.
- Once you arrive, utilize the map provided* to find or reach your designated surgical area.
- Upon check-in, designate a caregiver with whom we can relay information during and after your surgery. This ensures that we are communicating with a family member of your choosing.
- The operating room nurse will update your caregiver during the surgery, and the recovery room staff will update your caregiver of your arrival in the recovery room.
- If someone will be returning to pick you up, provide the nurse with your caregiver's contact information so he or she can be kept informed of your condition and time of release.

Please note that there may be additional forms to be signed upon check-in.

Pre-surgical area

After checking in, you will be taken to the preoperative area, where you will meet your care team. Anesthesia will be managed by your anesthesiologist and the anesthesia care team. A member of your anesthesia care team will meet with you before your surgery to review your medical and surgical history and explain your anesthesia options. Your surgeon will mark the spot that is being operated on, if applicable.

At this time, you will be prepared for your surgery.

Day Of Your Surgery

- A member of your anesthesia and nursing care team will ask you to confirm your surgical procedure. They will verify your name, date of birth and allergies.
- You may be given intravenous fluids. These are liquids and medications that drip from a bag into your vein.
- It is not unusual to feel cold while in the surgery area. You will be given a warm blanket to ensure that you maintain a normal body temperature.
- Special compression sleeves or devices will be applied to your legs, if needed. These will help with circulation during the surgery and prevent blood clots from forming.
- The nursing staff and surgeon will verify your surgery and answer any questions. They will use a special skin marker to identify the surgical site when applicable.
- After your nurse has performed the preoperative assessment, your anesthesiologist may give you some medication to help you relax. You may also be given an antibiotic to help prevent infection.
- You will be taken into the surgical suite.

In the recovery room

- After your surgery, you will be moved to the Post Anesthesia Care Unit (PACU) or recovery room, where nurses will provide the special care that is required for patients who have received anesthesia. You will stay in this unit until you are ready to be discharged home or a decision is made for admission.
- Your doctor will provide the PACU or recovery room nurse with a complete report on your surgery and condition.
- Specially trained nurses will closely monitor you. Due to the effects of anesthesia, you may not remember all of the events of your surgery or recovery.
- Your length of stay in recovery depends on your progress; you will be monitored until you are awake and stabilized.
- Once the anesthesia has worn off, **your nurse will encourage you to get up and be active as soon as possible.** This will help your muscles stay strong, maintain your cardiovascular health and lead to a faster recovery.
- Depending on your surgery, your nurse may help you sit up at the side of the stretcher and dangle your feet, prior to helping you walk to your bed.
- Your surgeon/resident will speak with your designated caregiver afterward to answer questions he or she may have.
- Specific verbal and written instructions about medications, diet and home care will be given to you and your caregiver prior to discharge.

Discharge Instructions and Follow-up Care

Discharge instructions

Your nurse will go over discharge instructions with you and your caregiver. The discussion will include the following key points and educational information:

Call 911 or go to your nearest emergency room for any of the following:

- Shortness of breath
- Chest pain
- Coughing up blood
- Severe bleeding (apply direct pressure to the affected area)

Contact your doctor if you have:

- Fever of more than 100.4 degrees Fahrenheit/38 degrees Celsius
- Nausea, vomiting or abdominal pain
- Pain or burning when you urinate or you have trouble urinating
- Pus or a foul-smelling odor coming from your surgical site
- A new rash around the incision or your wound is red, swollen or draining pus
- Difficulty or pain with breathing
- Skin or eyes turning yellow (jaundice)
- Any questions or concerns about your condition or care

Follow-up care

Depending on the type of procedure or surgery you have had, follow-up care instructions may vary. Follow-up is critical to a successful procedure or surgery. Verify the date and time of your return visit to your doctor at the time of discharge. Most postoperative appointments are scheduled seven to 14 days after the procedure or surgery. If you have any problems before then, do not hesitate to call your provider's office or send a message to your care team through your patient portal.

Home Care After Surgery

Diet

Be sure to follow specific instructions provided by your care team, as you may have certain restrictions in your diet.

Do not drink alcohol in the immediate postoperative period.

Activity

Move about as instructed by your care team. Some discomfort may be present initially, but it will gradually decrease as you become more active. Remember that rest is also important in order for your body to heal.

Keep the following tips in mind and refer to discharge instructions:

- When to drive and resume your normal activity level depends on the types of medications you are taking. Keep in mind that certain medications may cause impairment by slowing your coordination, judgment and reaction times.
- Do not do any weightlifting or physically strenuous activity until your provider instructs you that it is safe to resume activity.
- Listen to your body and rest when you are tired.
- Do not strain during bowel movements.
- Maintain liquid and diet intake.

Medication and pain management

Take your medication as directed. Remember to avoid alcohol while taking a narcotic pain medication. Avoid driving or operating machinery, as drowsiness may occur. Check with your provider before taking any over-the-counter medications, such as NSAIDs (Advil, ibuprofen) and acetaminophen (Tylenol). If you were taking medications prior to your surgery, ask your primary care physician or specialist when to resume them. Some medications may be resumed immediately, while others should be resumed later. Nausea after a procedure or surgery is common and usually related to pain medication. Do not take pain medication on an empty stomach, as it may make you feel nauseous.

As part of the fight against the opioid epidemic in Florida, a new law ([Health Law 21 “HB21”](#)*) has been put in place to prevent patients from becoming addicted to painkillers. Although medications are frequently used to treat pain, there are other pain-reducing methods such as massage, relaxation techniques and application of heat or cold that are also helpful.

Please check with your healthcare team for suggestions specifically for you.

Home Care After Surgery

Incision and dressing care

Keep your dressing clean and dry. Clean your hands with soap and water before and after touching your dressing or surgical site. Your provider will instruct you when you may shower.

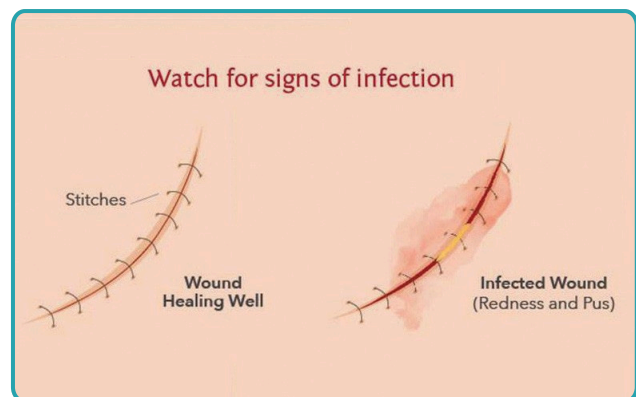
Alert your provider if any of the following occurs:

- Swelling, redness, foul odor and/or pain around the area where you had the procedure or surgery
- Cloudy fluid draining from your surgical wound
- Fever

As a patient, you need to be proactively involved in preventing infection. Here are some tips:

- Practice frequent handwashing, especially before and after touching the incisional area.
- Eat a healthy diet.
- Stop smoking.
- Manage your blood sugars if you are diabetic.
- Maintain a clean home environment.
- Refrain from placing pets around your incision.
- Sleep in a bed with clean bedding and don't allow any pets on your bed.
- Schedule your follow-up appointment with your physician as directed.

We are dedicated to the prevention of surgical-site infections. Please be aware of any changes to your surgical site. Although, according to national data, only a small number of patients will develop an infection, we remain vigilant in helping you assess any potential problems. Should you have any questions after discharge, please contact your provider.



Patient experience survey

You may receive a survey regarding your overall experience via email or text. We ask that you take the time to complete the survey and provide us with your valuable feedback.

We are dedicated to providing high-quality care, and it is our goal that you feel fully supported by our team.

Showering Instructions for use night before and morning of surgery

Ensure you have the needed supplies for showering

If you were not provided antimicrobial soap by the facility, please purchase a bottle of liquid antimicrobial soap at your local pharmacy as instructed by your provider's office.

How to shower for your surgery:

Step-by-step instructions to help reduce risk of infections

For best results, shower the night before as well as the morning of your surgery. Use two ounces of antimicrobial soap with chlorhexidine gluconate (CHG) each time, or use cloths with CHG. If you're allergic to chlorhexidine or have sensitive skin, talk to your healthcare professional about alternative products.

Prior to showering

Make sure you have clean bedding, clean clothes to sleep in and clean clothes to wear to your appointment.



Avoid shaving anywhere on your face or body for 24 hours prior to your surgery.
Remove all jewelry and piercings and leave them off until after your surgery.
Gather the clean towel, washcloth, and bottle of CHG soap.

In the shower



Wash your hair as you normally would with your usual shampoo; remember to avoid shaving. Step back from the water or turn it off. Put CHG soap on the washcloth, apply from your neck to your toes and gently scrub in small circles for five minutes. Avoid your face, ears, eyes and genitals, and get help washing your back. Step back into the stream of water to allow it to rinse the CHG soap off. Do not bathe with regular soap from now until after your surgery.

After showering

Step out of the shower and pat yourself dry with the clean towel. Do not use any lotion, powder, perfume, cologne or deodorant until after your procedure or surgery. Sleep in a bed with clean bedding and don't allow any pets on your bed. For best results, repeat the showering process the next morning (day of your procedure or surgery). Dress in freshly washed clothing to sleep in as well as to wear to your procedure or surgery.

If you're unable to shower, follow these steps the night before and day of your surgery:

Wet your body, rub CHG soap on all surfaces, wipe off with a clean, wet washcloth, then pat yourself dry with a clean towel.



*If you have any questions regarding any part of your operative journey,
please contact us 305-284-7774.*

*We hope your experience has been an excellent one, and we thank you for
choosing Larkin Community Hospital.*