



Staying Healthy After Surgery

Preventing Lung Infections After Surgery:

- Your lungs may become weak after prolonged disuse. Using a spirometer helps keep them active and free of fluid. Keeping the lungs active with a spirometer is thought to lower the risk of developing complications like pneumonia, bronchospasms and respiratory failure.
- An incentive spirometer is a device used to help your lungs recover after surgery and will be sent home with you.
- This device should be used 10 times per hour (when awake) while you are in the hospital, as well as, when you are discharged home.

Preventing Surgical Site Infections After Surgery:

- Do NOT touch your incision
- Clean your hands frequently with soap and water or hand sanitizer
- Shower daily

Contact Us with Any of the Following Symptoms

Possible Infection

- Redness or pain around incision
- Cloudy drainage from incision
- Fever or feeling ill
- Swelling several times a day.

Possible Blood Clot

- Swelling in thigh, calf or ankle that doesn't decrease with rest or elevation
- Pain/tenderness in calf, behind the knee or groin
- Warmth and redness

Possible PE

- (Pulmonary Embolism)
- Chest pain
- Difficulty breathing
- Feeling that your heart is racing
- Sweating and/or confusion



Important Contact Information for your Hospital stay

Case Management

Monday-Friday
9am-5pm
(903) 525-7050

Your case manager along with other members of your care team will discuss your progress, goals for discharge and discharge plans with you daily.

Charge Nurse: (903) 330-2229

Dietary: (903) 525-7045

Infection Prevention Specialist: (903) 525-7063

Important Contact Information once you are Home

Main Hospital

Open 24/7
(903) 525-3400

Outpatient Surgery Center: (903) 531-6200

Insurance and Billing: (903) 525-3300



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Baylor Scott & White Texas Spine & Joint Hospital cumple con las normas federales aplicables derechos civiles y no discrimina sobre la base de raza, color, origen nacional, edad, incapacidad o sexo.



Preparing for Surgery

We're here to help you with every step of the process for your treatment. This brochure guides you on how to prepare for surgery. It includes helpful tips and checklists.



Preparing for Surgery

The type of surgery you are having will determine your length of stay at our facility.

- Arrange help from trusted individuals who can be active in your care. We suggest you have someone stay with you for at least the first 24 hours after you return home.
 - Complete all shopping before surgery in order to have healthy foods ready to eat or light meal prep.
 - Do the laundry, change the linens, etc., before leaving for the hospital.
 - Have a pair of shoes and slippers with good support and nonskid soles.
 - Have easy access to a bed and bathroom on the floor level where you will be spending most of your time. Choose a bathroom with a door wide enough to accommodate a walker. Assure enough room for commode rails or an elevated seat.
 - Install a handrail, if possible, for any steps you may be using routinely.
 - Remove any obstacles that may cause you to trip; throw rugs, extension cords, low hanging bedspreads, pets, pet toys, etc.
 - Arrange for help with household chores such as walking pets, lawn care and checking the mail.
- Fill your prescriptions for pain medications as well as routine prescriptions. Have stool softeners, laxatives, multivitamins, Extra Strength Tylenol®, etc. on hand.
 - Have ice bags, ice packs, or a bag of frozen peas to ice your surgical area.
 - Take care of any financial matters such as bills, having cash on hand, etc.
 - Arrange your dishes, pans, and kitchen utensils within easy reach, without having to bend or use a step stool. Plan how you will transport your food to the table using the walker (slide on counter, push a cart on wheels, walker basket, etc.)
 - Have a phone within easy reach with emergency numbers handy.
 - Have a comfortable chair or couch with arms to help you when rising.
 - Tend to any scheduled procedures, like teeth cleaning, before the surgery.
 - Have a full tank of gas before leaving for the hospital.

Family Matters

It is very important you have a trusted friend or family member with you for your surgery.

Your family member will:

- Communicate with the surgery team during your surgery.
- Speak with your surgeon after surgery.
- Drive you home.
- Make sure you have all your discharge instructions.

Bring to Hospital

- Driver’s license
- Insurance card(s)
- Personal hygiene items such as toothbrush, deodorant, etc.
- Comb, brush, makeup
- Comfortable, loose clothing to wear home
- Flat shoes or tennis shoes

Do Not Bring

- Jewelry, watches
- Electrical items
- Pain medication (Narcotics)
- Money, other valuables



Medications

For specific MEDICATION INSTRUCTIONS, please refer to the handout given at your pre-op visit.

The NIGHT Before Surgery

- Do not eat, drink, or have anything by mouth after 11pm. If you eat or drink after 11pm, your surgery could be canceled or postponed.
- Do not use tobacco products, vapor cigarettes, mints, gum, candy, etc. after 11pm.
- Shower with antibacterial soap and dry off with a fresh, clean towel. Do not shave the surgical incision area.
- Use one prep cloth to wash the surgical site for at least 2 minutes. If your surgery is on the hand or foot, make sure to wash between toes or fingers, nail beds and under nails with wet cloth.
- Let the area dry for one minute, do not rinse. Skin may feel tacky for several minutes.
- Wear clean, fresh pajamas (or gown) and change personal bed linens the night before surgery.
- The prep cloth may cause skin irritation such as temporary itching sensation and/or redness. Showering or shaving right before applying the cloth may make this worse. If itching or redness persists, rinse the area and discontinue use.
- Do not use the enclosed prep cloth on the face, ears, vaginal or rectal area.

The MORNING of Surgery

- You may brush your teeth but do not swallow water.
- Shower again with antibacterial soap and dry off with a fresh, clean towel.
- Now use the second prep cloth to again wash the surgical site using the same procedure as before. Again, do not shave the surgical area.
- Let dry for one minute.
- Wear freshly laundered clothes and underwear to the hospital or surgery center.
- Please plan to arrive two hours before your scheduled surgery time. If you are unsure about your arrival time, please contact your surgeon’s office.
- Please refer to you preop clearance hand out for specific meds to take the morning of surgery.

Pain Control

Pain Control and Anesthesia

Pain control during and after surgery is one of the most common concerns of surgery patients. Our goal is to keep you as comfortable as possible.

Anesthesia during Surgery

Anesthesia is the loss of sensitivity to pain brought about by various drugs known as anesthetics. There are several types to choose from. Your anesthesiologist will discuss the ones best for you prior to surgery.

- General anesthesia is the most common form of anesthetic and has been used for many years. The patient is put into a deep sleep and will not feel any sensation.
- Spinal or epidural anesthesia targets a specific area, like a joint, and totally numbs it. Although you are awake, you do not have pain. Typically, with these anesthetics, the patient is given other medications to produce relaxation or a light sleep. You may not remember the surgery.
- Nerve or regional blocks are another effective method of pain control. The anesthetic medication is injected into the nerve closest to the surgical site. This blocks the pain signals from reaching the brain, so no pain is felt.

Post-op pain control

After surgery, there are several different types of pain control to keep you comfortable and allow you to be up soon after surgery. Your surgeon and anesthesiologist will choose the best method for you based on your medical history, the amount of pain you are having, and your phase of recovery. Besides medication, there are other pain control methods that can be used such as relaxation, cold therapy, repositioning and deep breathing. However, you must ask for pain medication.

After surgery, you will experience some pain. Our goal is to keep you comfortable.

Pain medication prescriptions, if needed, will be sent electronically to your pharmacy during the discharge process. You MUST call your Surgeon’s Office for refills. The hospital will NOT refill pain medications.



Prevent the pain cycle

Pain has a cycle which begins and increases until medication interrupts it. The aim of good pain control is to stop it before it becomes intolerable. If you begin to feel the pain increasing, such as a 4 on the pain scale, call the nurse and request medication. This is one time that you do not want to tough it out. If the pain cycle is not stopped, it will be harder to control.

Numeric Pain Intensity Scale



Regardless of the type of pain management being used, it is important for you to communicate with your healthcare team if the pain medication:

- Is not sufficient (again, you must ask for pain medication)
- If you are feeling nauseated
- If you are not as alert as you feel you should be
- If you have any unusual symptoms from the medications

Adjustments may be made to make you feel more comfortable.