



LAKWOOD SURGERY CENTER

Patient education guide



**Puget Sound
Orthopaedics**

a division of proliance surgeons

LAKWOOD SURGERY CENTER

7308 Bridgeport Way West Ste 102

Lakewood WA 98499

p: 253.584.5252 f: 253.983.7969

pugetsoundorthopaedics.com



Trust.
Expertise.
Compassion.

Dear Valued Patient,

Thank you for choosing Lakewood Surgery Center and Puget Sound Orthopaedics for your upcoming surgical procedure. We take pride in providing the highest quality care in a safe environment. At Lakewood Surgery Center you will always be treated with compassion and concern for your well-being.

Use this guide to familiarize yourself with the process of preparing for surgery. The guide provides information on how to prepare for your surgery, what to expect on the day of surgery, and how to plan for your care after surgery. You will also find helpful telephone numbers and directions to our surgery center.

We understand that undergoing a surgical procedure can be stressful. The professional staff at Lakewood Surgery Center is focused on providing you with the tools you need to feel at ease on the day of your procedure.

Our health care team is dedicated to ensuring that your experience here is a positive one.

Sincerely,

Lakewood Surgery Center Staff

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Welcome to Lakewood Surgery Center



Thank you for choosing Lakewood Surgery Center for your outpatient surgical procedure. You and your caregiver are now on the pathway to prepare for your surgery.

The information you'll find in this patient guide is intended to help you prepare for your surgery and inform you of what to anticipate afterwards.

Your care team

Your care team at Lakewood Surgery Center includes your Puget Sound Orthopaedics board-certified surgeon; physician assistant; and Lakewood Surgery Center staff, which includes surgery coordinators, registered nurses, surgical technologists and our anesthesiologists.

An important note about billing

You may receive separate invoices from:

- Lakewood Surgery Center
- Your surgeon
- Surgical assistant
- Anesthesiology
- Lab and/or pathology
- Pacific Medical

Make a list of questions or concerns to discuss with your surgeon

Take some time to think about what your goals, concerns and questions are related to your upcoming surgery. Get started by using the space below to make a list of what to discuss with your surgeon or physician assistant at your next appointment or during your preoperative interview with the registered nurse.

Preoperative questions:

1) _____

2) _____

3) _____

4) _____

5) _____



If you have any questions, we encourage you to call us directly at 253.584.5252.

Patient information sheet

Completed	Patient's appointment / task
<input type="radio"/>	<p>1) Arrange for a caregiver</p> <ul style="list-style-type: none"> ◦ Caregiver must commit to staying with you for a minimum of 24 hours after being discharged home. ◦ Caregiver must be present at check-in. ◦ Caregiver must be present immediately following surgery to speak in person with the surgeon and receive discharge instructions from the nurse. ◦ Caregiver must be at least 18 years of age and have a valid driver's license upon check-in.
<input type="radio"/>	<p>2) Received phone call from Lakewood Surgery Center RN to review:</p> <ul style="list-style-type: none"> ◦ Simple Admit™ registration ◦ Medications ◦ Lab/EKG orders ◦ Questions
<input type="radio"/>	<p>3) Arrange for transportation to and from Lakewood Surgery Center</p> <ul style="list-style-type: none"> ◦ Patients receiving sedation or anesthesia may not drive themselves home.

Important contact information

Puget Sound Orthopaedics	253.582.7257
Lakewood Surgery Center	253.584.5252
Surgery scheduler	253.582.4240
Preoperative registered nurse	253.722.0480
Nurse manager	253.722.0496

Driving directions to Lakewood Surgery Center

7308 Bridgeport Way W

The surgery center is located in suite 102 on the first floor of the building.



From I-5 North

Take the S 72 St. exit, EXIT 129,
toward S 84 St
Keep right; take the S 74 St W ramp
Merge onto 74th St W
Continue for 2.24 miles
74th St W becomes Custer Rd W
Turn right onto Bridgeport Way W
Lakewood Surgery Center is on your left
in the same building as Puget Sound
Orthopaedics

From I-5 South

Take the Bridgeport Way exit, EXIT 125,
toward McChord AFB
Turn left onto Bridgeport Way SW
Continue for 3.35 miles
Lakewood Surgery Center is on your left
in the same building as Puget Sound
Orthopaedics

Preoperative instructions: prior to surgery



Several days before surgery:

1) **Our office will contact you regarding questions about your medical history and medication that you are currently taking. IF WE ARE UNABLE TO CONTACT YOU REGARDING YOUR ARRIVAL TIME FOR SURGERY YOUR SURGERY MAY BE CANCELLED.**

2) You must arrange for transportation to and from the surgery center.

3) Your caregiver must be present with you at check-in. Your caregiver also must be present immediately after the procedure to speak with the surgeon and receive discharge instructions from the nurse. You will not be discharged unless accompanied by a responsible adult (18 years and older). Your caregiver must accompany you home and stay with you for at least 24 hours after surgery. **If you do not have a caregiver present at the time of check-in YOUR SURGERY MAY BE DELAYED OR RESCHEDULED.**

4) Notify the surgery center as soon as possible if you experience any health changes such as a cold, persistent cough or fever since your last visit. If you develop an infection or start taking antibiotics, your surgery may need to be rescheduled.

5) All non-steroidal anti-inflammatory (NSAIDS) medication must be discontinued **10 days prior to surgery.** Examples include Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn), Daypro and Feldene (Piroxicam, Voltaren and Diclofenac) and Meloxicam.

6) All over-the-counter (OTC) herbal supplements, vitamins, and minerals must be discontinued **7 days prior to surgery.** Examples include Saint John's Wort, garlic supplements, Vitamin E, ginseng, ginkgo, ginger, fish oil, willow bark, and feverfew.

7) All blood thinning medication must be discontinued **5 days prior to surgery.** Before discontinuing any blood thinning medications, please contact your prescribing doctor to establish whether it is safe or not to stop taking. Examples include Coumadin, Warfarin, Aggrenox, Pletal, and Aspirin (to include baby Aspirin, Alka-Seltzer, and Excedrin). If you are taking Coumadin or Warfarin, you will be required to obtain a lab test called PT/PTT/INR within 12 hours of your surgery. If these labs aren't available on the day of your surgery, you may be rescheduled for a later surgery date. Plavix (Clopidogrel) must be discontinued **14 days prior to surgery.**

Day before surgery:

1) Do not smoke cigarettes or drink any alcoholic beverages for at least **24 hours prior to surgery.**

2) **Do not eat or drink anything after midnight on the night prior to surgery** (except for the medications noted below in Day of Surgery #3).

3) **No gums or mints after midnight.**

4) Take Beta Blocker. Hold AM dose ARB and ACE inhibitor.

List of medications to stop taking before surgery

There are several medications that you may need to stop taking before your surgery date. Your surgeon or pre-op nurse will discuss with you which specific medications you will need to discontinue.

NOTE: The medications and timelines listed below are guidelines. Do not stop taking any medications until you have been given exact instructions by your surgeon or physician assistant.

	Medication name	When to stop taking
<input type="radio"/>	Advil (Ibuprofen, Motrin)	10 days prior
<input type="radio"/>	Aleve (Naproxen)	10 days prior
<input type="radio"/>	Alka-Seltzer	5 days prior
<input type="radio"/>	Arava (Leflunomide)	2 days prior
<input type="radio"/>	Aspirin (Aggrenox, baby aspirin)	5 days prior, do not stop until cleared by cardiologist
<input type="radio"/>	Cimzia (Certolizumab)	4 weeks prior
<input type="radio"/>	Diclofenac (Daypro, Feldene, Piroxicam and Voltaren)	10 days prior
<input type="radio"/>	Excedrin	5 days prior
<input type="radio"/>	Imuran (Azathioprine)	2 days prior
<input type="radio"/>	Lantus/Levemir (insulin)	Discuss your diabetic/insulin medications with the pre-op nurse during your pre-op call
<input type="radio"/>	Lasix (HCTZ, Furosemide)	Do not take on day of surgery
<input type="radio"/>	Methotrexate	Skip one cycle of doses
<input type="radio"/>	Mobic (Meloxicam)	10 days prior
<input type="radio"/>	Multivitamins	7 days prior
<input type="radio"/>	Non-Steroidal Anti-inflammatories (NSAIDS)	10 days prior
<input type="radio"/>	Orencia (Abatacept)	4 weeks prior
<input type="radio"/>	Plaquenil (Hydroxychloroquine)	4-6 weeks prior
<input type="radio"/>	Plavix	14 days prior, do not stop until cleared by cardiologist
	Pletal (Cilostazol)	5 days prior
<input type="radio"/>	Remicade (Inflixmab)	4-6 weeks prior
<input type="radio"/>	Supplements: herbal, vitamin and mineral	7 days prior
<input type="radio"/>	Ticlid	14 days prior
<input type="radio"/>	Warfarin (Coumadin)	5 days prior, do not stop until cleared by cardiologist

Preoperative instructions: day of surgery



Day of surgery:

- 1) If you are diabetic, check your blood sugar. Call the surgery center if you have any questions.
- 2) Withhold any type of “water pills.” Examples are Hydrochlorothiazide (HCTZ) and Furosemide (Lasix).
- 3) Take your blood pressure, anti-anxiety, and heart medications (excluding blood thinners) with only a small sip of water.
- 4) Shower with **antibacterial soap** (most liquid hand soaps are antibacterial). Do not use any lotions, creams or deodorants.
- 5) Brush your teeth, but do not swallow any water or mouth rinse.
- 6) Wear large, loose-fitting, comfortable clothes. Do not wear tight jeans or other tight-fitting clothing because you will have a bandage, wrap, splint, cast and/or sling on after your surgery.
- 7) Remove any contact lenses.
- 8) **LEAVE YOUR VALUABLES AT HOME, including ALL jewelry, rings and watches, etc. The LSC and staff are not responsible for any missing valuables.**
- 9) Bring a list of your current medications, dosages, and time/date last taken with you to the surgery center.
- 10) If you have asthma, emphysema or COPD, bring your inhalers with you to the surgery center.
- 11) Bring current photo ID (driver’s license, military ID, or state ID) and insurance card with you to the surgery center.
- 12) Do not bring children under the age of 15 to the surgery center. We are unable to provide supervision for children in the waiting room, and the recovery unit does not allow anyone under 15 years of age to ensure the privacy of all patients.
- 13) Due to patient safety and HIPAA regulations we are not able to allow family members or friends to go back into the surgery center for the preoperative process. We do apologize for any inconvenience this may cause. Your caregiver will be able to go back into the surgery center once you are ready to be discharged.
- 14) If you have an Advance Directive, please bring it with you. In the case of an emergency, we will resuscitate and transfer you to a facility that can implement your Advance Directive.
- 15) If you have any questions, or need any help understanding these instructions, call our office immediately at 253.584.5252.
- 16) If you have sleep apnea and use a CPAP, bring the CPAP machine with you on the day of surgery.

Your surgical experience: what to expect on the day of surgery

1) Check in

When you arrive at Lakewood Surgery Center, check in with the receptionist at the front desk and complete the admission process. At this time you will need to leave all personal belongings with your caregiver in the waiting room.

2) Preoperative care

Once you have checked in at the surgery center front desk, you will be brought back to the admitting area where a registered nurse will prepare you for your surgery. Preoperative care includes changing into a surgical gown, reviewing your medical history and medications with the RN, having an IV started, and meeting with your anesthesiologist and surgeon.

3) In surgery

Members of your care team will be with you in the OR during your surgery, including your orthopaedic surgeon, physician assistant, anesthesiologist, registered nurse and surgical technician.

4) Postoperative care

You will then be taken to the Post-Anesthesia Care Unit (PACU) for your recovery. The nurse will monitor your blood pressure, heart rate, oxygen saturation level, pain level and will have you use an incentive spirometer to encourage deep breaths and coughs. Once you are able to drink juice/water and eat soft foods, you will be discharged with your caregiver.

You and your caregiver are encouraged to ask questions at any time during your stay at Lakewood Surgery Center.

What to expect after surgery: common concerns



1) Pain management

MEDICATIONS/ SUPPLIES

- Prescription pain

medicine will be ordered for you by your surgeon or physician assistant.

- When you need a prescription refill or a new prescription, contact your surgeon/physician assistant at 253.582.7257. Allow for a 24-hour turnaround time for all prescription refills.

INSTRUCTIONS

- Follow prescription instructions carefully.
- Read the pain management information that you will receive when you are discharged from Lakewood Surgery Center.
- Read the information about side effects that is included with each prescription.
- Avoid taking pain medicine on an empty stomach.
- Take your pain medication at least 30 (thirty) minutes before you plan to do your home exercises or start your physical therapy appointment.
- Avoid letting pain get 'out of control' during the first few days.

WHAT'S NORMAL

- Pain relief from your pain medications that allows for rest, sleep, home exercises as instructed, planned activity, and physical therapy.
- For the first few weeks, it is normal to feel "more" pain in the afternoon and evening when feeling more tired due to physical fatigue and when you begin increasing your physical activity.

- Pain should noticeably decrease ("feel better") each week during the first 4-6 weeks and thereafter.
- If you use a CPAP machine, continue to use it.

WHAT'S NOT NORMAL

- Pain that increases or is not relieved with prescribed medications, when they are taken as prescribed.
- If any unwanted side effects or allergic reactions occur (as described in the printed medication information from the pharmacy), call your surgeon/physician assistant at 253.582.7257 to have your pain medication prescription changed.



2) Constipation

MEDICATIONS/ SUPPLIES

- Take a stool softener daily until no longer

taking prescription pain medication. If you do not have a bowel movement at least every other day, you may need a mild laxative such as prune juice or an over-the-counter laxative.

- Consult with your surgeon, physician assistant or pharmacist for laxative recommendations.

INSTRUCTIONS

◦ Taking fiber supplements, eating high fiber foods and drinking plenty of fluids during the day are helpful when used with a stool softener. Gradually increasing your walking every few hours during the day is helpful as well.

WHAT'S NORMAL

- Less frequent bowel movements than normal due to the general anesthesia during surgery and prescription pain medication.
- Bowel movements should return to normal after prescription pain medication is no longer needed daily.

WHAT'S NOT NORMAL

- No bowel movements for 3 days or more, increasing abdominal pain, nausea, or vomiting. Notify your surgeon/physician assistant at 253.582.7257 if these concerns are present.
- If you experience difficulty breathing, shortness of breath or chest pain, IMMEDIATELY CALL 911 OR GO TO AN EMERGENCY ROOM.



3) Preventing infection

MEDICATIONS/SUPPLIES

◦ IV antibiotics will be given to you on the day of surgery.

INSTRUCTIONS

◦ Call your surgeon/physician assistant at 253.582.7257 if you develop a fever of 100.5° or higher, or new/increased incision drainage or redness.

Most fevers occur due to inactivity during recovery. It is important to stay mobile and frequently breathe deeply throughout your recovery.

◦ Read the surgical site infection information sheet that you will be given when you are discharged from Lakewood Surgery Center.

◦ Always call your surgeon/physician assistant promptly if you are concerned about any possible signs of infection.

WHAT'S NORMAL

◦ Incision should look 'healed' closed without redness around it by 2-3 weeks after surgery.

WHAT'S NOT NORMAL

◦ Increasing redness, pain or drainage at incision, increasing and constant joint pain, fever >100.5°, any other health change with fever, especially within first 1-3 months of surgery. Any redness/drainage from stitches under the skin that 'pop out' as incision heals.



4) Appetite changes

MEDICATIONS/ SUPPLIES

- No diet restrictions.

Stay hydrated by keeping fluids within reach throughout the day.

INSTRUCTIONS

- Drink fluids frequently and eat small frequent meals/snacks until your appetite returns to normal.

Stay hydrated. **WHAT'S NORMAL**

**Decreased
appetite is
normal.**

- It is normal to not have much of an appetite for 1-2 weeks, but your appetite will

gradually increase during the first few weeks. Some weight loss (<5-10 lbs) can occur in the first 1-2 weeks until your appetite returns to normal.

WHAT'S NOT NORMAL

- Persistent nausea, vomiting, diarrhea at any time, or unexplained weight loss after the first 1-2 weeks. Notify your surgeon at 253.582.7257 if any of these symptoms develop.