Bethesda Hospital West
Pre-op Guide

Main Hospital: (561) 336-7000
Ambulatory Surgery: (561) 336-7036
Thank you for choosing Bethesda Health!

This booklet will help answer your questions about your upcoming surgery. It will guide you and your family through what you can expect before, during, and after your surgical experience.

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Directions to Bethesda Hospital West:

9655 West Boynton Beach Blvd.
Boynton Beach, FL 33472

Directions from I-95:
• Take I-95 to Boynton Beach Blvd. (Exit 57).
• Go west on Boynton Beach Blvd., approximately 8 miles.
• Bethesda Hospital West will be on your right.

Directions from Florida’s Turnpike:
• Take the Turnpike to Boynton Beach Blvd. (Exit 86).
• Go west on Boynton Beach Blvd., approximately 3 miles.
• Bethesda Hospital West will be on your right.

We are located on the northeast corner of Boynton Beach Blvd. and U.S. 441 (State Road 7).
Before Your Surgery

Several preparations will be made with your surgeon and the hospital before your surgery, including:

- Your surgeon’s office will schedule your surgery with the hospital and obtain any necessary approvals from your insurance provider.
- Bethesda’s Central Scheduling department will call you to complete your pre-registration. You will be informed of your deductible, co-insurance or co-pay. This is a good opportunity to ask questions or make financial arrangements if needed.
- A Bethesda nurse will contact you to complete a pre-op interview. He or she will review your medications, medical and surgical history. You will also be given pre-op instructions specific to your surgery. Please have a pen and paper available to write down your instructions.

Tests and Procedures

Certain tests and procedures may be needed to check your state of health and prepare for surgery. The surgeon’s office may give you a prescription to get your labs/diagnostics done. Some of the tests that you may need are:

- Chest x-ray
- Electrocardiogram (ECG/EKG)
- Blood tests
- MRSA swabs (must be done at Bethesda Hospital West Laboratory)
- Blood type and screen (must be done at Bethesda Hospital West Laboratory)

The hospital or surgeon may require you to be cleared for surgery by your primary doctor or another specialist. **This is an important appointment.**
Preparing for Surgery

These steps are to help you have a safe surgery and a successful recovery. If you get a fever, cold, infection, urinary tract infection or rash, call your surgeon’s office. For your safety, your surgery may need to be postponed.

SEVEN DAYS BEFORE SURGERY:
If you are taking blood thinners, talk to your primary care physician or cardiologist. It may be necessary to stop taking these medications before your surgery.

THREE DAYS BEFORE SURGERY:
Talk to your doctor or surgeon about all medications, especially diabetic medications, supplements/vitamins, and aspirin. You may need to stop taking these medications three days before surgery.

THE DAY BEFORE SURGERY
- The hospital will call you between 3:00 p.m. and 4:00 p.m. to tell you what time to arrive at the hospital.
- If you were instructed by the nurse to take a pre-op shower, follow the directions below.
- Stop eating and drinking at midnight. This includes chewing gum and mints.
- Because it is not safe for you to drive after your surgery, you will only be released to the care of a responsible adult who can take you home. Your surgery may be canceled if you do not have a driver to take you home.
- For your safety, make arrangements for someone to stay with you for 24 hours after you leave the hospital.

Pre-op Shower

To help lower the risk of infection, some patients may be instructed to take a pre-op shower the night before and/or morning of their surgery. If you are, please follow the steps below:

- In the shower, wash your hair, face and body with normal shampoo and soap. Rinse well.
- Step out of the shower spray and wash the area where your surgery will be for three to five minutes using hibiclens. (If you are allergic to hibiclens, use another antibacterial soap such as Dial). If using hibiclens, avoid your face and genitals.
- Step back into the water and rinse well.
- Dry your skin with a clean towel.
- Wear clean clothing and use fresh bed linens.
- Do not use any lotions, deodorants, powders or perfumes.
- No pets in your bed.
- Do not shave the surgical area.

The morning of your surgery, you should shower again following the same directions. Remember to shower early enough so that your hair is dry before your surgery.
**Day of Surgery**

**BEFORE YOU LEAVE HOME**

- Remove all body piercings.
- Leave valuables, such as jewelry and watches, at home.
- Take your medications as instructed by the pre-op nurse. This can be taken with a tiny sip of water.
- You may bring your glasses, contacts, dentures and hearing aides. These items need to be removed before your surgery. Please bring a case for your glasses or contacts.
- Bring a photo ID, your insurance cards and a list of your medications.
- If you have one, bring your Living Will.
- Wear loose, comfortable clothing and bring a sweater or jacket.

**WHEN YOU ARRIVE AT THE HOSPITAL**

- Park in front of Bethesda Hospital West and use the Main Entrance. Admitting is near the front desk in the Main Lobby.
- After you receive your patient armband from Admitting, you will proceed to the second floor waiting area.
- The pre-op nurse will bring you into the Ambulatory Care Unit (ACU) to prep you for your surgery. Here, you will sign your surgical consent and provide the phone numbers of your designated contact person(s). You will change into a hospital gown and have an IV started. Your nurse may also remove hair with clippers at the site of your surgery. Once you have been prepped, your family may join you before your surgery.
- In ACU you will meet your operating room (OR) team which includes the operating room nurse, certified registered nurse anesthetist (CRNA), anesthesiologist and surgeon. You will have the opportunity to ask any questions at this time.

**DURING YOUR SURGERY**

- Your family may wait in the seating area outside of the ACU where there is complementary coffee and tea, as well as restrooms. Additional restrooms are located on the first floor off the Main Lobby, between the cafeteria and gift shop.
- During your surgery, your family will be kept informed of your progress. Your surgeon will speak with your designated contact person after your surgery regarding your procedure and follow-up.
AFTER YOUR SURGERY

• After recovering in the Post Anesthesia Care Unit (PACU) you will be taken back to the ACU where your family will be able to join you.

• Discharge instructions will be provided to you and your family and reviewed before you are sent home, including any prescription medications that you will need to take at home after the surgery. Your nurse will educate you on the purpose of the medication, proper usage, and side effects.

• For your convenience prescription medications may be filled and delivered by a local pharmacy at your own cost prior to discharge.

• We will do everything we can to control your pain prior to discharge. Our goal is for you to go home with a pain level of 3 or less on a pain scale of 0-10.

![PAIN MEASUREMENT SCALE](image)

• After your discharge you may receive a follow-up phone call regarding your experience at Bethesda.

Our goal during your stay at Bethesda is to provide you with excellent care and a great experience.