

HOW YOU CAN PREPARE FOR SURGERY NOW

Surgery Date: _____ Surgeon: _____

Surgeon's Clinic Contact Number: _____ Nurse: _____

1. Make sure you give us a working phone number.

We will need to reach you.

2. Get answers to your questions about surgery.

Call the above Clinic Contact Number with your questions about surgery or aftercare.

3. If you don't smoke - don't start. If you do smoke - stop!

- If you need help to quit smoking, please call the UI Health Tobacco Treatment Center at: 312.413.4244 or 312.996.3300
- Additional help is available from the Illinois Tobacco QUITLINE at: 866.784.8937 or www.smokefree.gov

4. Arrange a ride for the day of surgery.

You must have a responsible adult or arranged medical transport available to take you home after leaving the hospital.

- If you do not have someone to take you home after surgery, your surgery may be canceled.

5. Play an important role in lowering your chance of infection.

Our hospital chose special cloths for you to use as a "no rinse bath." This "no rinse bath" cleans the skin and kills germs.

The cloths contain a liquid called Chlorhexidine Gluconate (CHG).

Please read the Night Before Surgery page for instructions on how to use this special wash at that time.

6. Stop shaving all areas of your body two days before surgery.

This includes legs, underarms and any area where you will be having surgery.

7. Call the Anesthesia Clinic at 312.413.7874 if you have any major health changes.

8. Think about Advanced Care Planning.

To learn more about Advanced Care Planning read the information on the back of this page.

[>>MORE INFORMATION ON BACK](#)

ADVANCED CARE PLANNING



Advanced Directives are legal documents that people use to express their wishes about the medical treatment they would want. It can be used in the future if you can no longer make decisions or communicate for yourself.

Advanced Directives let you choose a person to be your “agent” or “Healthcare Power of Attorney.” This agent will make your healthcare decisions for you if you become unable.

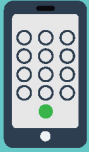
All adults should choose a Healthcare Power of Attorney because we cannot predict when a serious accident or illness might happen.

Having **Advanced Directives** and discussing your wishes now with your agent can help reduce stress and conflict between loved ones at a difficult time in the future.

If you already have a completed Advanced Directives, please bring it to the clinic or SurgiCenter to make part of your records at UI Health.

For more information and to obtain blank Advanced Directives forms, please contact the Department of Health Social Work at 312.996.0293.

DAY BEFORE SURGERY



Staff will be calling you between **9am - 2pm**.

If you do not receive a call by **2pm**, then please call:
312.413.SURG (7874) by 4 pm.

You may leave a voicemail with your name and the best number to reach you.



During this call, staff will instruct you on:

Time to arrive for surgery _____:_____ AM / PM

Time to stop eating _____:_____ AM / PM

Time to stop drinking _____:_____ AM / PM



Medications that should or should NOT be taken the morning of surgery:

SHOULD

SHOULD NOT

_____	_____
_____	_____
_____	_____
_____	_____



Please find the packet of Gatorade included in this folder.

You will be told when to drink it during this phone call.

MANDATORY GATORADE INSTRUCTIONS

1. The night before surgery, add Gatorade powder into 24 oz. (3 cups) of water.
2. Mix well.
3. Drink half before going to sleep the night before surgery.
4. Drink the remaining half as soon as you wake up on the day of surgery.

You must drink all 24 oz. before leaving your home on the day of surgery.

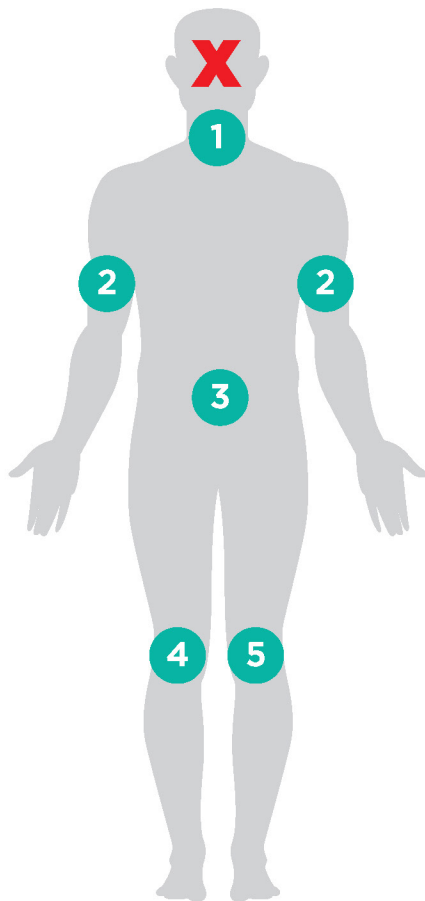
NIGHT BEFORE SURGERY

Please read all instructions before using your CHG cloths.

SHOWER OR BATHE

Wash your body with soap and water. Dry off with a clean towel. After your shower or bath, wait until your skin is completely DRY and COOL before using the CHG cloths.

FRONT



There are **6** cloths.

Use a separate cloth for each area.
Use all cloths in package.

**USE FIRM MASSAGE FOR
30 SECONDS**

Cloth 1: Wipe your **neck** (start under the chin), **shoulders**, and **chest**.

Cloth 2: Wipe both **arms**, starting from your **shoulder** and ending with your **fingertips**. Be sure to thoroughly wipe your armpit areas.

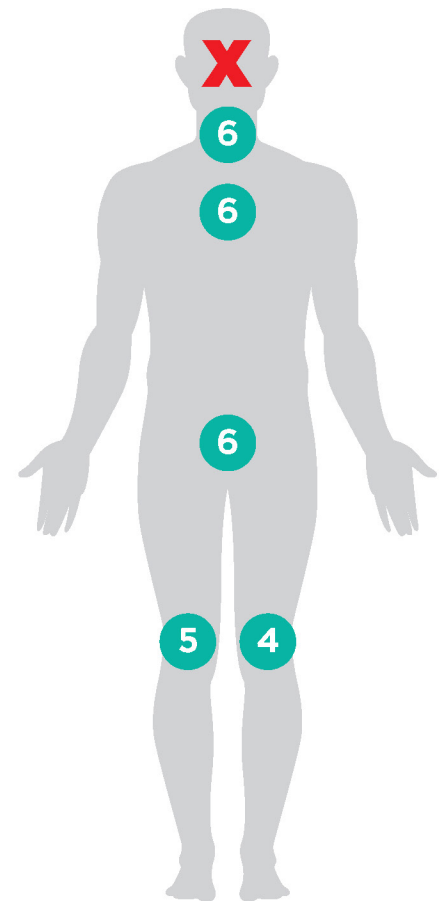
Cloth 3: Wipe your **abdomen**, **groin**, and **perineum** (ensuring that you wipe between skin folds).

Cloth 4: Wipe **right leg** and **foot**, in between the **toes**, and behind the **knee**.

Cloth 5: Wipe **left leg** and **foot**, in between the **toes**, and behind the **knee**.

Cloth 6: Wipe the back of your **neck**, **back**, and **buttocks**. You may need someone to help you reach your back.

BACK



Skin may feel sticky for a few minutes. **DO NOT** rinse off. Allow to air dry.

MORE INFORMATION ON BACK

NIGHT BEFORE SURGERY



Allow skin to air dry.

Sleep in clean nightwear and in clean sheets.

If you were instructed to do so, repeat the steps with the second pack of CHG wipes without taking another soap and water bath.

Dispose in the regular trash.



CHG cloths that will be given to you for use.



Rinse or apply lotions, moisturizers or deodorant after using the CHG cloths.

Use CHG if you have a known allergy to Chlorhexidine Gluconate.

Let CHG cloth get into your eyes, ears, or mouth. Rinse immediately if that happens.

Flush the cloths down the toilet.

ATTENTION

If your skin becomes irritated (example: swelling, rash, redness), STOP use immediately and RINSE the affected area with cold water. Contact your doctor.

DAY OF SURGERY & PARKING INSTRUCTIONS

1. Leave your valuables at home.
No jewelry. No piercings.
2. Do not apply:
cream powder cologne
lotion makeup deodorant
ointment perfume nail polish
3. Wear loose-fitting, comfortable clothing and flat shoes.
4. Adult patients will be allowed to have one visitor on the day of surgery. Pediatric patients will be allowed to have two visitors on the day of surgery. This is for your safety and the safety of those around you. Thank you for understanding.
5. What to bring:
 - Photo ID
 - Insurance card
 - List of current medications and doses
 - Responsible adult available to take you home or arranged Medical Transport after leaving the hospital.

6. Where to go:

University of Illinois Hospital (UIH), SURGICENTER

1740 W. Taylor St.
3rd floor, Suite 3300
Chicago, IL 60612

Open from 5 am until 7 pm.

Specialty Care Building (SCB)

1009 S. Wood St.
Chicago, IL 60612

Open from 6 am to 6 pm

7. Where to park:

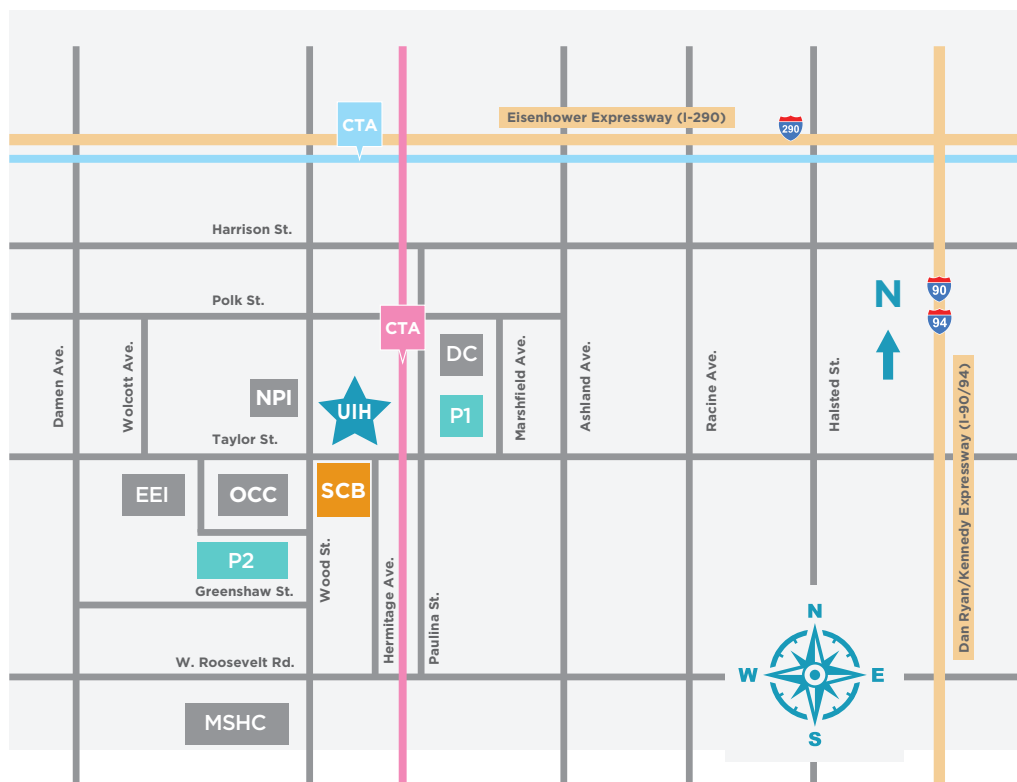
There is street parking available near the hospital.

Paulina Street Parking Structure (P1)

915 S. Paulina St.

Wood Street Parking Structure (P2)

1100 S. Wood St.



UIH UNIVERSITY OF ILLINOIS HOSPITAL
1740 W. Taylor St.

SCB SPECIALTY CARE BUILDING
1009 S. Wood St.

P1 PAULINA STREET PARKING STRUCTURE
915 S. Paulina St.

P2 WOOD STREET PARKING STRUCTURE
1100 S. Wood St.

DC CRANIOFACIAL CENTER
811 S. Paulina St.

EEI EAR & EYE INFIRMARY
1855 West Taylor St.

OCC OUTPATIENT DIALYSIS
1859 W. Taylor St.

MSHC IMAGING CENTER AT MILE SQUARE
1220 S. Wood St.

NPI NEUROPSYCHIATRIC INSTITUTE
912 S. Wood St.

OCC OUTPATIENT CARE CENTER
1801 W. Taylor St.

MEET YOUR SURGERY TEAM



SURGEON

Your **Surgeon** is the specially trained doctor who will perform your surgery.

Your **Attending Surgeon** is in charge of your surgery. **Resident Surgeons** are doctors training to be Attending Surgeons. They assist the attending surgeon with your care and procedure.

Your surgeons spoke to you in the clinic about what to expect with your surgery, risks, benefits, and other choices for therapy.

If you have any questions about your surgery, please talk to your surgeon or their staff.

ANESTHESIOLOGIST

Your **Anesthesiologist** is the doctor in charge of keeping you asleep and safe during your surgery.

The Anesthesiologist is part of an Anesthesia team that will be with you for your whole procedure.

Anesthesia Residents are doctors training to be Anesthesiologists.

Nurse Anesthetists are specially-trained nurses that provide anesthesia care.

Before your surgery, this team will ask you questions about your health and discuss the type of anesthesia you may receive. Please answer the questions completely and honestly to help the team give you the safest possible care. During your surgery, they make sure you are kept comfortable.

NURSE

On the day of surgery, you will have different nurses devoted to your care.

The **SurgiCenter Nurse** or “**Pre-Op Nurse**” will prepare you for surgery. This nurse will take your history and start your IV.

The **Operating Room Nurse** provides care during your procedure.

After surgery, you will go to our recovery room called the Post Anesthesia Care Unit, PACU.

The **Recovery Room Nurse** or “**PACU nurse**” will provide care and monitor your vital signs.

After your recovery, you will be discharged home or to your inpatient unit.

PATIENT LIAISON

Your Patient Liaison is the communication link for your family while you are in surgery. The liaison will let your family know where they can wait and give updates on your progress. After your procedure, the liaison will let your family know when the surgeon is ready to talk to them and lead them to the consultation room.

You will be able to identify the Patient Liaisons by the pink jacket they wear.

SUPPORT STAFF

Others work behind the scenes in the operating room and administrative office.

Each team member plays an important role to ensure you have a positive surgical experience.

Resources for Family and Support Persons

As a result of the COVID-19 pandemic, UI Health is limiting visitors to promote safety through infection control and social distancing. As a leader in patient and family-centered care, this was a challenging decision. Our goal is to help keep our patients, patient's loved ones, and our care providers safe.

We value the important role family and support persons play in the health and well-being of our patients. We commit to keeping loved ones informed of the patient's progress through the perioperative experience.



How can family and loved ones stay informed when visitors are not allowed?

To help stay informed and to protect your patient privacy, please establish a password and write it in the space provided below. Your password should be something easy to remember and only needs to be one word.

Who will be contacted with updates during the procedure?

The care team will ask the patient to identify a family member or support person that should receive updates on the patient's status. Below is the information that will need to be provided to a UI Health representative before or on the day of surgery.

PASSWORD:	
Name of the family member or support person to contact with updates:	
Relationship to the patient:	
Contact phone number:	

*This password needs to be shared with the person who is receiving updates on your surgery status. They will need to provide the password over the phone to the care team to get your updates.

How will the individual be contacted?

The care team will call the family member or support person (assigned above) with important updates.

When will family or support person receive an update?

Updates will be given every two hours throughout the perioperative process.

Where can family and support persons call in to get information on their loved one?

To get more information about the patient on the day of surgery, you may call:

312.355.4573 if scheduled in the Main Operating Room

312.413.4510 if scheduled in the Specialty Care Building (SCB)

Patient Updates Available by Text Message

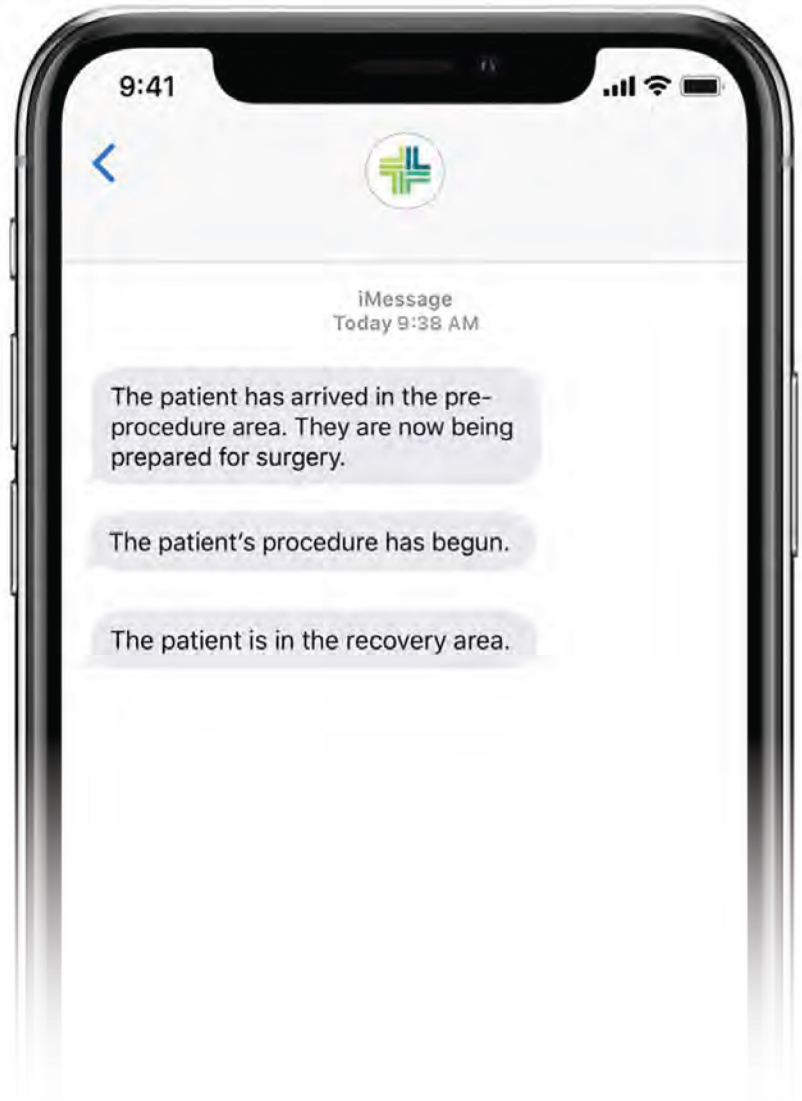
Thank you for choosing UI Health.

We strive to make your experience as stress-free and comfortable as possible. UI Health wants to keep you and your support persons informed and at ease throughout your hospital stay or outpatient visit.

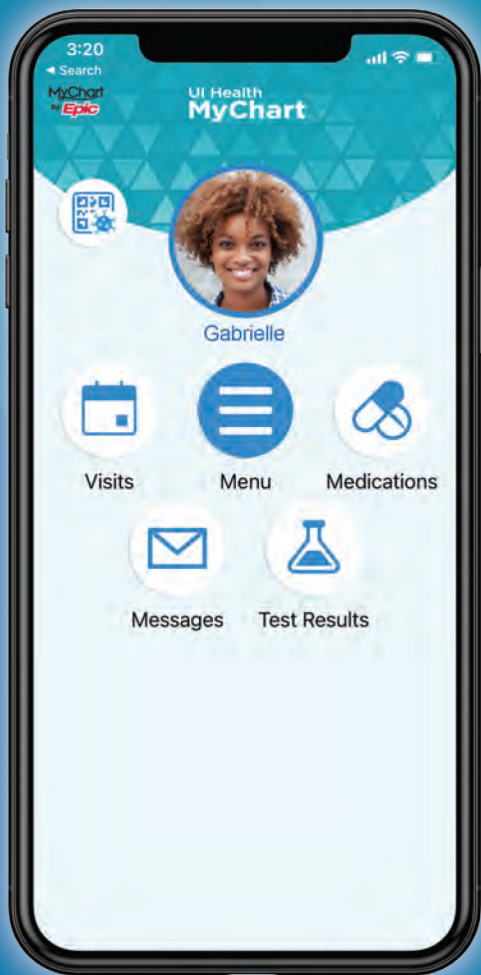
Keep your loved ones or support persons informed by signing them up for text message updates (SMS)*.

A primary family member or caregiver, as well as additional contacts, can receive messages to follow your progress from intake to recovery and discharge.

To sign up your family member or loved one to receive text messages on your progress, please speak with the front desk representatives.



*SMS - text and data rates may apply. Message recipient may opt-out from text message updates at any time.



UI Health MyChart

Manage all of your health information in one place.

- Send messages to your healthcare team.
- View test results and follow-up instructions.
- Check-in before you arrive.
- Schedule or cancel some clinic appointments.
- Request prescription refills.
- View and pay your bill.

How to Start Your MyChart Account

At UI Health:

Clinic staff can sign you up during your visit.

At Home:

Check your After Visit Summary to sign up with your activation code.

NOTE:

For security reasons, you can only update your email address during a visit to UI Health.

For help logging into MyChart or to reset your password, call 844.906.9844.



Download the app at
MyChart.UIHealth.Care



PREPARING FOR YOUR CHILD'S SURGERY



We understand that it can be stressful when your child needs surgery.

Your child's safety and well-being are our top priorities.

What if my child has a cold or illness?

Illness may affect your child's anesthesia or ability to recover from surgery.

Please notify your surgeon's office if your child has any of the following:

- fever
- flu
- cough with phlegm
- cold
- congestion
- wheezing

Staff will call you the day before surgery to provide your child's arrival instructions.

Please tell them if your child is ill.

Your surgeon and anesthesiologist will decide if your child's surgery should be done based on the following:

- medical history
- current condition
- type of surgery

If your child is sick with a cold, we usually wait four weeks before rescheduling the surgery.

What if my child is scared, anxious, or crying before surgery?

The anesthesiologist will visit you and your child before the surgery. He or she will discuss options to help keep your child calm and comfortable before going to the operating room.

You can bring your child's favorite toys, pacifier, or blanket to help comfort them before and after surgery. Older children can bring their phone or tablet with headphones.

What type of anesthesia will my child get?

For general anesthesia, we give medicines that help the child sleep through surgery without alertness or pain. It is the most common type of anesthesia used for children.

During general anesthesia, the anesthesiologist is responsible for keeping your child safe.

How will anesthesia be given?

Older children will have an intravenous (IV) line placed for receiving their medication. Younger children are given a bubblegum scented mask with anesthetic gas that helps them fall asleep. An IV is placed after the child is asleep.

[>>MORE INFORMATION ON BACK](#)

When can I see my child after surgery?

The nurses will call you back to the recovery room to stay with your child when they are ready.

Your child may still be asleep.

It is important that you let your child continue to sleep until the anesthesia wears off and they wake up on their own.

What should I expect after my child wakes up from anesthesia?

After waking up from anesthesia, it is normal for your child to be groggy, sleepy, confused, or even sad.

If your child cannot be consoled, the nurses will call the anesthesiologist.

The anesthesiologist can give medicines through the IV to help.

If your child has nausea or pain, treatment will be available.

Please do not give your child any food or drink until the staff tells you it is safe for them to swallow.

Can anesthesia affect my child's development?

On Dec. 14, 2016 the Food and Drug Administration (FDA) issued a safety announcement about the possible effects of anesthesia on children less than 3 years old. Recent studies suggest that a single, relatively short exposure to general anesthetic and sedation drugs in infants or toddlers is unlikely to have negative effects on behavior or learning.

Your surgeon and anesthesiologist will be happy to answer any questions you might have about possible adverse effects of anesthesia and brain development. We can discuss the best timing of procedures to promote the best outcomes for your child.

Other helpful resources you may want to visit:

- Smart Tots: www.smarttots.org
- Society for Pediatric Anesthesia: www.pedsanesthesia.org
- FDA: www.fda.gov

A PATIENT'S GUIDE TO HOSPITAL CARE AFTER SURGERY

We are committed to providing great patient care. Your safety is our biggest concern. We'll partner with you to help prevent falls, bed sores, blood clots, and infections.



Why do you keep asking me the same questions?

We'll ask for your name and date of birth throughout your stay.

Even though we know who you are, asking your name and date of birth keeps you safe.

We want to make sure we give you the right services, medications, and treatments.

Why do I need to call you before I get up?

We ask that you don't get up on your own, even to use the bathroom. Call someone to help you. Some of your medications or treatments may affect your balance and strength. Most people don't think they will fall until they do. **CALL DON'T FALL!**



How can I prevent infection?

Keeping your hands clean is the best way to prevent getting or spreading germs that

cause infections. Wash your hands with soap and water or use an alcohol-based hand cleaner. **WASH YOUR HANDS OFTEN.**

Why do I need to get up and move?

Moving helps you recover faster. We'll encourage you to sit in a chair and walk with assistance. This will help prevent blood clots, bedsores, and help you to feel better too.

What can I do to prevent Blood Clots?

Surgery, or your time in bed after surgery, can put you at risk for developing a blood clot.

3 M's: Movement, Medication & Machine can help prevent blood clots.

Movement: Walk and move your legs.

Medication: Your care team may prescribe medicine to prevent blood clots. Take each dose as ordered.

Machine: A special machine with sleeves that wrap around and gently squeeze your legs will also help to prevent blood clots.

Wear these special leg sleeves any time you are in a bed or chair.



Will I have pain after surgery?

You can expect some level of discomfort. Patients may have pain after their surgery. Your care team will work with you toward pain control. Communication is important. You must let the team know what you are feeling. They will ask you to describe your pain.

The goal is for your pain to be controlled so that you can actively participate in activities that will help you recover like walking and deep breathing.

Disclaimer: After surgery, your doctor and healthcare team will determine your care plan and prescribe medications, activity and diet. This tool is intended to serve as a guide to help you understand the general course of care and to help you be an active participant in your care. If you have any questions about your progression through your hospitalization, please speak to any member of your healthcare team.

Our Patients Are Important

We want to improve, and you can help.

You may receive a survey asking you about your visit.

Please complete the survey.

We will use your feedback to make improvements.



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You may receive a survey by phone, mail or email.



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