Your health is our priority. Help us reduce the spread of COVID-19

- Wear a mask at all times while in the hospital or clinic.
- Wash your hands often. Use soap and water for at least 20 seconds. If you can’t wash your hands at a sink, use hand sanitizer.
- Do not touch your eyes, nose or mouth.
- Always practice social distancing and stay 6 feet apart from others.
- Have your cell phone charged and be available for a call at any time.
- No visitors are allowed at this time. A staff member will let you know if there is an exception. This is for your safety and the safety of those around you. Thank you for your understanding.
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 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.
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.

There are 6 cloths.
Use a separate cloth for each area. Use all cloths in package.

DO NOT USE CHG CLOTHS ON YOUR FACE, HEAD, or GENITALS

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 and upper thigh. Make sure you wipe in the fold between your thigh and your genitals.

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.

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

MORE INFORMATION ON BACK
**DO**

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.

**DO NOT**

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.

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

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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.*
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. No visitors are allowed at this time. A staff member will let you know if there is an exception. 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

   SurgiCenter is open from 5 am until 7 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.
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.
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
We are committed to providing great patient care.

Your safety is our biggest concern. We’ll partner with you to help prevent you from falling or developing bed sores, blood clots, and infections.

Why do you keep asking me the same question?

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.

Here are some suggestions to prevent you from falling:

• Use your non-slip slippers.
• Use your walking aid, if needed.
• Before you stand, sit up slowly with help.
• Use the handrails in the bathrooms and hallways.

Why do I need to get up and move?

Moving helps you get healthy and 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.

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, especially:
  • After using the bathroom
  • After using a tissue
  • Before and after eating
  • After touching or changing a dressing or bandage
  • After coughing or sneezing
  • After touching any object or surface that may be contaminated

Take deep breaths or use your spirometer if this is part of your care. This helps keep your lungs healthy while in the hospital.

Your care team will talk with you about these risks and how we’ll keep you safe. Your safety is our biggest concern!