



Redefining Your Recovery

WELCOME TO TANNER SURGICAL SERVICES

Thank you for choosing Tanner Health for your procedure. We believe that our patients, their families and our staff are partners, working together in your best interest. Rest assured that our team of surgeons, nurses and staff will do everything we can to ensure that you receive the best care possible and that your procedure goes smoothly.

This Patient Procedure Passport offers helpful instructions that will guide you before, during and after your procedure. Our goal is to ensure that you have the best patient experience and recovery.

Information in this guide will:

- Help you prepare for your procedure.
- Provide important information on preoperative dietary instructions.
- Help you communicate with your family and caretakers about your procedure.
- Offer an overview of what will occur on the day of your procedure.
- Inform you on what to expect after your procedure and during your recovery.
- Provide maps, directions and contact information.

IMPORTANT PHONE NUMBERS

Preadmission Testing Nurse
(All locations) 770-812-9224

Billing and Insurance
770-812-9721 option 2

We look forward to your visit and are honored that you have chosen Tanner Surgical Services for your healthcare needs.

Sincerely,
The Tanner Surgical Services Team

YOUR CHECKLIST

WHAT TO BRING

- List of allergies
- Photo ID and insurance card
- Documents provided by your physician
- Copy of your advance directive or living will (if applicable)
- Contact solution and container (if applicable)
- Braces, crutches or other assistive equipment
- C-PAP or Bi-PAP machine if you will be staying in the hospital overnight

WHAT TO DO

- Expect a call or text from a nurse the day before your surgery with your arrival time.
- Take any medications as instructed by your physician or pre-surgical nurse.
- Follow all eating and drinking guidelines given by pre-op nurse.
- **Arrange for a caretaker to remain with you for at least 24 hours following your procedure.**
- Bathe as directed by pre-op nurse or physician.
- Remove all nail polish from fingernails and toenails.
- Remove all piercings.
- Wear comfortable, loose-fitting clothing.
- Leave jewelry and valuables at home.

WHAT NOT TO DO

- Do not consume or use alcohol, drugs or tobacco products 24 hours prior to your procedure (including: beer, wine and liquor; non-medically prescribed drugs and narcotics; e-cigarettes, vaping products or smokeless tobacco).
- Do not shave around the surgery area for 48 hours prior to procedure.
- Do not wear:
 - ♦ Makeup — including eyeliners, lipsticks, liquids or powders
 - ♦ Perfume
 - ♦ Lotion

CALL YOUR PHYSICIAN IF...

You become sick or experience:

- Diarrhea
- Vomiting
- Excessive bleeding through bandages
- Fever (greater than 100.5 degrees Fahrenheit)
- Rash or skin irritation
- Or any other changes in your health condition

Follow all preoperative instructions to avoid health risks and potential rescheduling of your surgery. These guidelines are designed to minimize health risks and ensure the best possible outcomes. By following these steps, you help us create a safe and efficient surgical experience. Your cooperation is greatly appreciated, and we are committed to providing you with the highest quality of care. Thank you for entrusting us with your health and well-being.



Robotic-assisted surgical options at Tanner allow physicians to work with smaller incisions and greater dexterity than ever before.

DAY OF YOUR PROCEDURE

FRIENDS AND FAMILY

For the privacy of our patients, family and friends will be asked to remain in the waiting room while you are being prepared for your procedure. This protects your privacy and allows the staff to get you ready more efficiently. Once you are ready, friends and family are welcome to rejoin you in the pre-op area until you are taken to the surgical suite for your procedure.

After your procedure, you will be moved to the Short Stay Unit. Only two visitors at a time are allowed in the Short Stay Unit. If any visitors are sick, please ask them not to visit.

PREPARATION

- You may be asked to arrive at the hospital two to three hours prior to surgery.
- You will need to arrange for someone to drive you home and care for you for at least 24 hours following your procedure.
- We ask that you remove all clothing, including undergarments. You will be given an ID band, a hospital gown and non-slip socks.
- For certain procedures, the staff may assist you with additional skin preparation and may apply a nasal antiseptic.
- Tell your doctor of any changes in your health, open wounds, rashes or sores that you may have.
- For your safety, you will be asked several times to verify your name, birth date, allergies and the procedure you are having.
- You will be asked about the medications you have been instructed to take the morning of your procedure.
- Heart and blood pressure medications are very important. You will be instructed at your pre-op visit or phone call to take certain medications the morning of your procedure.
- You will be asked about the last time you've had anything to eat or drink and what it was.
- You will have an IV catheter placed so that you may be given fluids and medications for your procedure.
- The anesthesia care team will discuss with you the type of anesthesia to be administered and answer any questions you may have.



Short Stay at Tanner Medical Center/Carrollton

Our goal is to keep you well-informed about every step of your procedure. If you have any questions or concerns, please contact the number for your surgery center at the beginning of this booklet or ask a member of our medical staff.

AFTER YOUR PROCEDURE

- Your physician will speak with your family or caretaker.
- You will remain in the recovery area for 30 minutes to one hour.
- You will then be placed in the Short Stay Unit or admitted to a hospital room to complete your recovery before you are discharged home. Your caretaker or family will join you at this time.

POST-PROCEDURE HOME CARE INSTRUCTIONS

You are advised to consult with your physician for your follow-up care after leaving the hospital. Until you see your physician, please follow these helpful instructions:

DISCHARGE INSTRUCTIONS

The person responsible for taking you home will review discharge instructions with your post-operative nurse. A copy of your post-operative instructions will be given to the family or caretaker.

- We will answer any questions that you, your family or your caretaker may have.
- If the physician prescribes medication, the prescriptions will be given to your family or your caretaker to be filled for you, or they will be e-scribed to your preferred pharmacy. If you have any questions regarding your medication, please contact your physician.

COMMON CONCERNS

Often, the site of the surgery is not the only area of discomfort. After your procedure, you may experience some pain or soreness in other areas. Everyone's experience may be different.

- Your hand or arm may be sore at the site of your IV needle. This is usually due to the medication and should subside within a few days. Apply a warm compress for discomfort. If the soreness worsens, travels up the arm or if you develop a fever, notify your doctor.
- You may experience a sore or scratchy throat after your procedure. This will usually clear within a few days.

DIETARY INSTRUCTIONS

Depending on the type of surgery, you may need to follow certain dietary guidelines provided by your physician.

- Begin with foods that are easily tolerated in small amounts, such as liquids, clear soups, gelatin and soft foods — then progress to your regular diet or as directed by your physician.
- Drink plenty of fluids to help remove medications used in surgery and to prevent constipation.

PAIN MEDICATION AND ALCOHOL USE

Some pain is to be expected even after pain medication is administered. We strive to make each patient as comfortable as possible. The goal is to have your pain at a tolerable level.

- Take prescribed medications according to the directions on the label.
- Take medications with food to prevent nausea.
- A side effect of pain medication can be constipation. Discuss taking a stool softener with your surgeon.
- Do not drive while taking pain medication.
- Do not drink any alcoholic beverages, take strong sedatives or use any other medication not prescribed by your physician for 24 hours after your procedure or while taking narcotics.

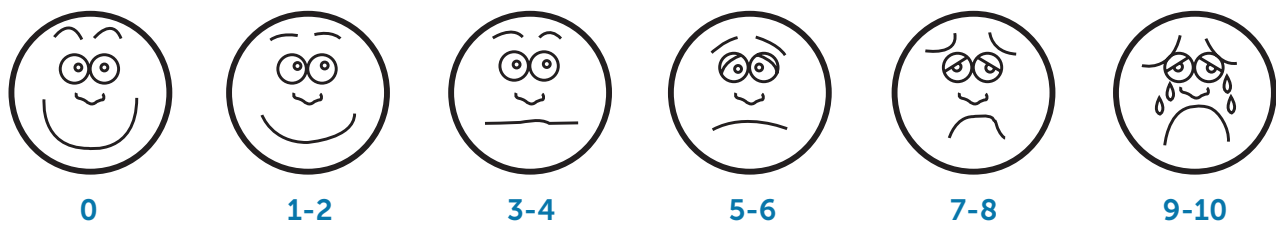
PAIN MANAGEMENT

The risk of pain is present whenever you have a procedure or surgery has been performed. Be sure your doctor explains how much pain you should expect and for how long it should last. Know what to expect. Talk with your nurses and doctors; tell them about pain control methods and medicines that have or have not worked for you before. Find out if you need to ask for pain medicine or if the nurses will bring it to you on a schedule at set times.

PAIN ASSESSMENT PROCESS

It is important that your doctors and nurses constantly ask you about your pain. This helps them know if your pain is changing and if your pain medication is working.

What do you tell them? First, tell them if you have pain. They will ask you to describe how bad your pain is. They may use this scale:



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Tell them when and where it hurts. Tell them if you cannot sleep or do things like get dressed or climb stairs because of pain. The more they know, the better they can treat it.

The following words can be used to describe your pain: aching, dull, sharp, bloating, numbing, shooting, burning, pressure, sore, cramping, stabbing, throbbing, comes and goes or constant. If your pain worsens, tell your doctor or nurse.



ACTIVITIES OF DAILY LIVING

- Limited activity is recommended for the first 24 hours; you may be up for meals and to go to the bathroom with help, per your physician's instructions.
- Avoid activities requiring full concentration, such as making personal, business or legal decisions for the first 24 hours. Mental alertness may be impaired.
- Do not drive, operate machinery, use power tools, sign legal documents or make legal decisions for 24 hours after anesthesia or while taking narcotics or pain medications.
- Rest as needed. You may feel weak and fatigued after your procedure.

REDUCE YOUR RISK OF FALLING

There are many reasons why a person is at risk for falls including surgery, pain, weakness, medications and confusion. When a person is at risk for falls there are some things that can be done to help reduce this risk.

WHY DO FALLS HAPPEN?

- Person is weak, tired or ill
- Person is not physically fit
- Person may have problems seeing
- Medicines may cause weakness, sleepiness, confusion or dizziness
- Slippery or wet floors or stairs
- Obstructed pathways and darkness

HOW TO REDUCE YOUR RISK OF FALLING

Take care of your health.

- Exercise regularly. Exercise builds strength.
- Prevent dehydration. Dehydration can make it easier to lose your balance.
- Have your eyes checked. Make sure you do not have any eye problems or need a new prescription.
- Talk to your doctor if your medicine makes you sleepy, light-headed, sluggish or confused. Ask how to reduce these side effects or if you can take another medicine.

Take extra precautions.

- Call for help before getting out of bed or getting up to go to the bathroom
- Turn on the lights when you enter a room. Do not walk in the dark.
- Make sure your pathway is clear.
- Use the handrails on staircases.
- Sit in chairs that do not move and have arm rests to help when you sit down and stand up.
- Wear shoes that have firm, flat, non-slip soles. Do not wear shoes that do not have backs on them.
- Replace the rubber tips on canes and walkers when they become worn.
- Rise slowly when changing positions.

Make small changes to your home.

- Install timers, “clap-on” or motion sensors on your lights.
- Use night lights in your bedroom, bathroom and the hallway leading to the bathroom.
- Keep the floor and stairs clear of objects such as books, tools, papers, shoes and clothing.
- Remove small area rugs and throw rugs that can slip. Rubber mats are a good replacement.
- Put frequently used items in easy-to-reach places that do not require using a step stool.
- Make sure your bed is easy to get in and out of.
- Apply non-slip treads on stairs.
- Apply non-slip decals or use a non-slip mat in the bathtub or shower.
- Install grab bars near the toilet and the bathtub or shower. Use a bedside commode, if necessary.
- A home care agency, personal care and support agency or community program may be able to help make changes to your home if you live alone and need help.

WHEN TO CALL PHYSICIAN/RETURN TO HOSPITAL

You should return to the hospital or call 911 if you have difficulty breathing or excessive bleeding.

Contact your physician if you feel there is a problem or if you experience:

- Fever (greater than 100.5 degrees Fahrenheit)
- New or worsening shortness of breath.
- Extreme pain not relieved with medication
- Anything out of the ordinary (excessive bleeding, nausea or excessive swelling on or around the wound area)

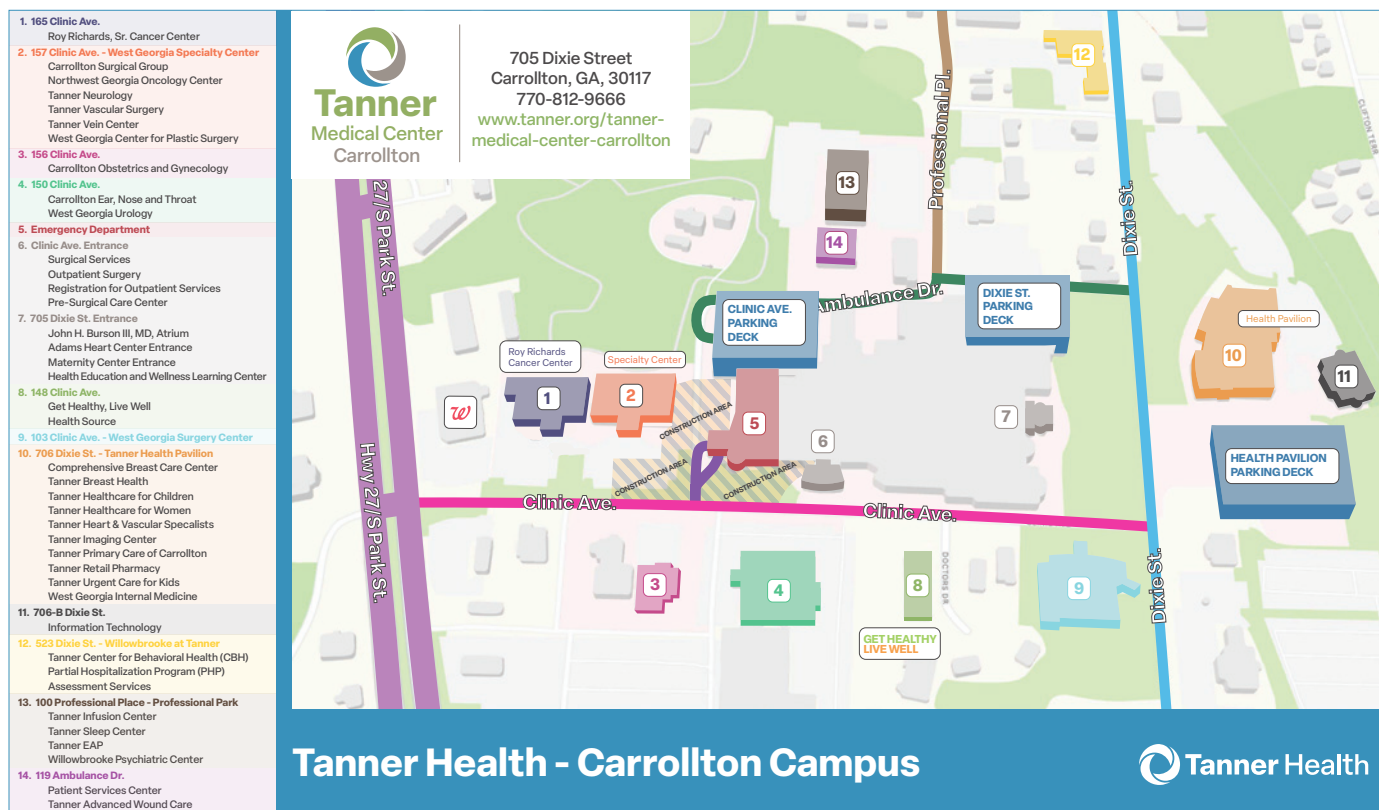
If you have an incision or bandage, the following should be reported immediately:

- Drainage/bleeding. If your bandage becomes soaked with bright red blood, place another dressing pad over bandages (do not remove the original bandage). Call your surgeon for further instructions. A small amount of bright red blood is to be expected.
- Excessive swelling on or around the wound area
- Redness

Please contact your physician’s office if you have further questions or concerns regarding your procedure and recovery.

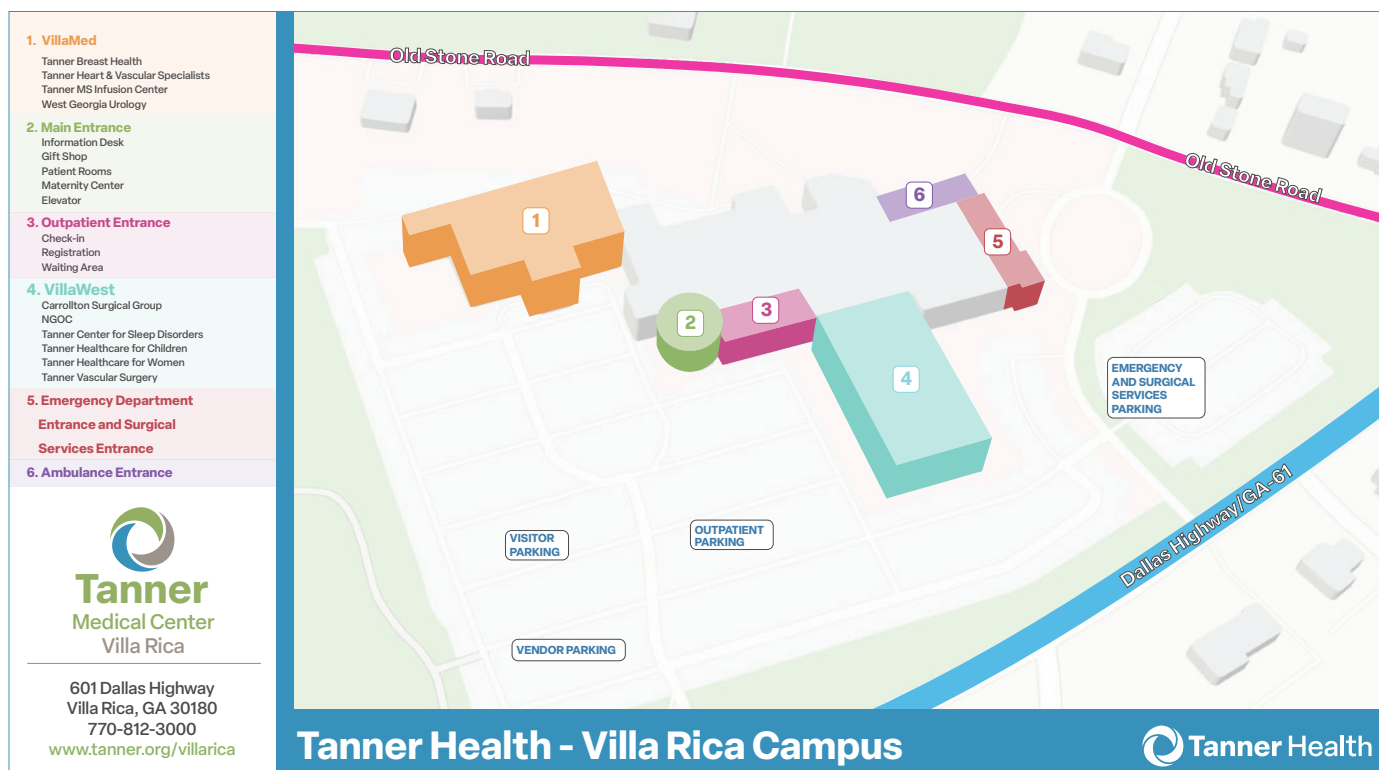
Information about the surgical services available at Tanner and more can be found at [SurgeryAtTanner.org](https://www.SurgeryAtTanner.org) or by calling **770.812.9666**.

MAPS



Complimentary valet services are available at Tanner Medical Center/Carrollton.

Hours: Monday to Friday, 5:30 a.m. to 6 p.m.



MAPS

