



Perry County Memorial Hospital Surgery Department

As your doctor has informed you, a surgical procedure is the next step for your well-being. At Perry County Memorial Hospital, caring for you is a privilege to us and rest assured you will receive the finest care due to our state-of-the-art surgery department.

The surgical suites at Perry County Memorial Hospital are equipped with advanced medical technology. From our computer integration system, boom equipment, and environmentally friendly LED surgical lighting system, you will receive the most up-to-date surgical experience in Southeast Missouri.

PCMH also provides you with the finest care because our staff is committed to our motto, “People Care More Here.” Our experienced surgical staff includes board-certified surgeons, advanced cardiac life support trained nurses, certified surgical technologists, advance practice nurses, physician assistants, and anesthesia specialists.

We know having surgery can be an uneasy time for you and your family. We are here to answer any questions you may have and relieve some anxiety. We encourage you to ask questions of your healthcare team.

Before Surgery...

After it is determined that surgery is the next step in your care, your surgeon will explain the risks and benefits to having surgery as well as have you sign a Consent for Operation form. Your surgeon’s office will then work with PCMH’s surgery department to schedule your surgery and pre-operative procedures.

Pre-operative procedures may include:

- Check in at the Admitting office to pre register. Bring insurance and prescription cards.
- Meet with a surgical nurse in the Ambulatory Surgical Care (ASC) department who will review your medical and surgical history, including your current medications. At this time, it is important to bring an accurate list of your medications to the pre-op testing for instructions to follow the day of your surgery.
- Discuss anesthesia options.
- Receive a list of instructions specific to you and your surgery as well as the arrival time for the day of your surgery.
- Testing in the laboratory, radiology, respiratory therapy, and/or physical therapy departments.

While making preparations for your surgery, it is also important to make arrangements for an adult to drive you home after surgery because you will not be allowed to drive. Our **Courtesy Car** is available for transportation to and from the hospital. This must be scheduled ahead of time by calling **573-768-1186**. You may still need an adult to stay with you the first night.

It is further recommended to notify your doctor if you become ill before the day surgery as this may require your surgery to be rescheduled.

Important for your safety...

Do not eat or drink after midnight on the day of your surgery. Do not chew gum or suck on hard candy. If you are instructed to take certain medications, you may take them with a small sip of water. If you eat or drink anything by accident, please call the ASC department at 573-768-3214.

Do not smoke or use tobacco products or drink alcoholic beverages after 6 pm the evening before your surgery. PCMH offers a Smoking Cessation program if you wish to quit smoking.

Do not use hairspray or gels on the day of surgery. These are fire hazards. Do not wear make-up, nail polish or piercings. Leave nonessential valuables at home.

On the day of surgery...

Report to the Admitting Office in the Lobby, on the day of surgery, to complete your registration. You will then be escorted to the ASC to be prepared for your procedure.

Bring along a copy of your Advanced Directive or Living Will if you have one. These will be copied into your patient file.

You will be asked to change into a hospital gown. Your admitting nurse will take your vital signs. An IV will be started so that we may provide medication and fluids during your surgery.

Your operative site will be marked appropriately depending on the type of surgery you are having. This ensures your safety. The mark will be removed after surgery.

Every effort will be made to ensure that your surgery proceeds in a timely manner. We ask that you be aware that emergencies may occur that could disrupt the schedule.

Your family and friends...

Family and friends are welcome. They will be provided with a pager. When the patient is taken to the operating room, family and friends will be escorted to the Surgery Waiting Room. Complementary coffee, tea and hot chocolate are available. Vending machines and restrooms are available down the main corridor leading away from the Lobby. Enjoy visiting "**Expressions**", our PCMH Auxiliary sponsored gift shop. The pager will reach into the gift shop, vending and restroom areas. PCMH also offers free wireless Internet access.

When surgery is over, the pager will light up and vibrate. At this time, family and friends are asked to enter the Consultation room off the waiting room. The surgeon will be in to talk to them. After talking to the surgeon, they remain in the waiting room until the nurse comes for them, or they may return to the patient's room if instructed to do so.

After surgery...

You will return to the ASC immediately after your surgery, or after a short time in our PACU (Post-Anesthesia Care Unit). Here you will be monitored closely, given pain medication or medication for nausea and vomiting if needed, and allowed to drink as ordered.

Once your vital signs are stable, you are awake and walking without becoming dizzy (or able to resume previous activity), and you are able to drink, you may be discharged.

If your surgeon has decided that you are to be an inpatient or remain overnight, you will be moved to the Medical/Surgical floor after recovery.

At the time of discharge...

You will be provided with instructions to follow at home that include incision care, bathing, diet and activity. Please follow them carefully to assure a smooth recovery. Here are some general guidelines:

- Take pain medication as ordered. If you wish, **Prescription Plus**, our hospital pharmacy, will provide you with your pain medication before you leave. This will save you a stop at a pharmacy. If you choose to obtain your medication elsewhere, we will be happy to phone it in for you.
- Do not drive, operate dangerous machinery, or undertake any responsible business matters on the day of your surgery.
- A Work Release will be provided, if needed.

Notify your surgeon's office immediately if you experience any bleeding or drainage from the operative site, have unusual redness or pain, or start running a temperature higher than 101°. Be on the lookout for other "danger signals" to which your surgeon may alert you. After office hours or on the weekend, contact the Emergency Room at PCMH at 573-547-2530.

You will be given a time for a follow-up appointment with your surgeon. You will also be given instructions on when to resume certain medications.

You will receive a follow-up phone call from one of the nurses in the Surgery Department after you are at home. Feel free to ask any questions.

We need your feedback...

All of us in the Surgery Department at PCMH appreciate your trust in us and we will do everything possible to assure you receive the quality care and courteous treatment you expect. You will be given a satisfaction survey to complete prior to discharge. Please take the time to fill it out and include any comments.

PCMH provides comprehensive surgical services, including general surgery, orthopedics, gynecology, ophthalmology, ear-nose-and throat, urology and podiatry. For more information, you can find Perry County Memorial Hospital on Facebook or at www.pchmo.org. Check us out!