



Your guide to surgery

Thank you for choosing NKC Health. We're honored to be part of your care and want you to feel informed, supported and confident every step of the way. This guide will help you know what to expect before, during and after surgery.

Surgery date and time: _____

Arrival time: _____ We will call you the business day prior with arrival time.

Arrival location: 2800 Clay Edwards Dr., 2nd Floor (East entrance) 2790 Clay Edwards Dr., 3rd Floor (South entrance)

Office use only:

- | | | | |
|-------------------------------------|---------------------------------|-------------------------------|--------------------------------|
| <input type="checkbox"/> Impact | <input type="checkbox"/> Survey | <input type="checkbox"/> IS | <input type="checkbox"/> EKG |
| <input type="checkbox"/> Clear Fast | <input type="checkbox"/> Labs | <input type="checkbox"/> Soap | <input type="checkbox"/> X-Ray |

Before surgery

A registered nurse from pre-surgery will call you to review your medical and surgical history, including any allergies, and all the medications, supplements and vitamins you take. They will also provide instructions for any lab work or tests needed before surgery. Depending on your care plan, you may also meet in person with one of our anesthesia nurse practitioners.

If you haven't heard from us within 10 days of surgery, please call us at (816) 691-1344. We are here to help.

MRSA screening

Methicillin-resistant *Staphylococcus aureus*, or MRSA, is a common germ found on the skin or in the nose. While it usually causes no harm, it can lead to infection if it enters a surgical site.

To help keep you safe, we may test for MRSA, also known as staph, during your pre-surgery clinic visit.

- If the test is negative, no further steps are needed.
- If the test is positive, we will call you with clear instructions on what to do next.

When to call your doctor

Your health and safety matter to us. Please call your doctor right away if you experience any of the following before your surgery:

- A fever above 101° F
- Chest pain
- Fluid draining from any part of your body
- Shortness of breath
- Skin issues, such as rashes, wounds or infections

Learn more about your procedure



Scan or visit nkhealth.org/Class to sign up for one of our bariatric surgery, spine surgery or total joint replacement classes.



Feel better, heal faster with ERAS

Your comfort and recovery are important to us. That's why we use the Enhanced Recovery After Surgery, or ERAS program. This proven approach supports healing, reduces your need for pain medication, shortens your hospital stay and helps you get back to the activities you love, sooner.

To help you prepare:

- You may be asked to drink a nutritional supplement twice a day for five days before surgery and continue for five days after surgery to help you heal.
- You might receive medication and a nerve block before your procedure to keep you comfortable and reduce your pain level after surgery, without limiting your ability to move around.
- Your nurse will gently help you begin walking within three hours after your procedure. You will also be able to eat and drink again.



Nutritional supplement chart

Colorectal surgery (*Impact protein shakes*)

Date							Day of Surgery
Breakfast						Clear liquids	
Lunch or dinner							2 hours prior to arrival

- Clear carbohydrate drink
- Water

All other surgeries (*Impact protein shakes*)

Date							Day of Surgery
Breakfast							
Lunch or dinner							2 hours prior to arrival

- Clear carbohydrate drink
- Water

The day before surgery

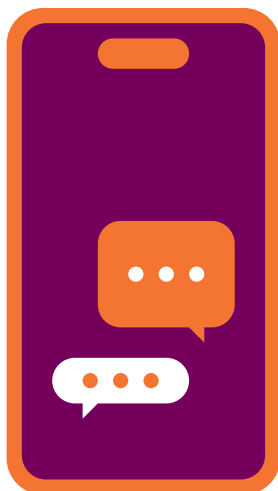
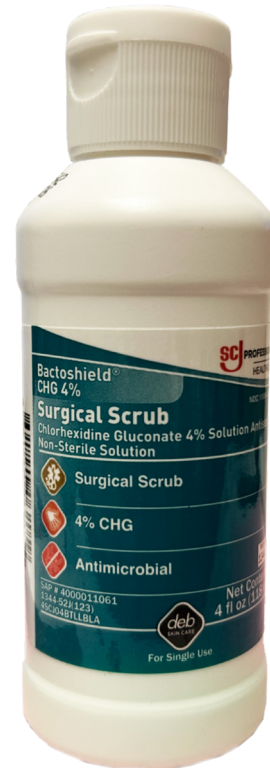
If you feel sick or notice a new rash, wound or other skin issue, call your surgeon as soon as possible.

The night before your procedure, you need to shower with Hibiclens®, an antibacterial soap that helps reduce your risk for infection. If you are allergic to chlorhexidine, your pre-surgery nurse will recommend an alternative.

Before you shower, be sure to put fresh sheets on your bed and have clean sleepwear ready.

How to shower with Hibiclens

1. Wash and rinse your hair first with your normal shampoo.
2. Turn off the water. Apply the Hibiclens soap from the neck down, washing gently for 3-5 minutes. Avoid getting the soap in your eyes and ears.
3. Turn the water back on and rinse thoroughly. Do not use your regular soap afterward.
4. Pat yourself dry with a clean towel.
5. Do not use any lotions, creams, powders, deodorants or makeup after drying off.
6. Put on clean pajamas and sleep on fresh bedding.
7. Repeat this same shower process the morning of your surgery.



Helpful reminders along the way

As your surgery date approaches, you will receive text messages that will include reminders, appointment details and prep instructions to keep you informed and at ease.

The day of surgery

The morning of your procedure

- Do not eat or drink anything after midnight, unless your care team tells you otherwise.
- Do not wear makeup, nail polish, jewelry or contact lenses.
- Avoid mints, gum, candy, antacids, throat lozenges and all tobacco products.
- If instructed, drink a clear carbohydrate drink 2 hours before arriving at the hospital.
- If you have diabetes: You may drink 12 ounces of water instead.
- Follow the pre-surgery instructions about which medications to stop taking.
- You may brush your teeth, rinse and gargle, but don't swallow water.
- Wear loose, comfortable clothing.
- Be sure to have a trusted adult available to drive you home and stay with you for 24 hours after surgery. Ride shares and public transportation are only appropriate if you have an adult with you.

What to bring

- Insurance card
- Photo ID
- Inhalers
- CPAP or BiPAP machine (if you use one at home)
- Incentive spirometer
- Contact lenses and supplies
- Dentures and a case
- Eyeglasses and a case
- Hearing aid(s) and a case
- Any imaging (like X-rays, MRI or CT scans), if you have them
- Breast pump
- Walker or crutches
- Cellphone charger
- Remote for implant stimulator (if you have one)

To help keep your space calm and clutter-free, we suggest leaving luggage in your car. A family member or friend can bring it once you've settled in.

What to leave at home

We understand how important your personal items are, but to protect them, we recommend leaving anything valuable at home.

This includes:

- Credit cards, money, purses and wallets.
- Jewelry and watches, which can cause injury or get lost.
- Body piercing. Any piercings not removed before surgery will be removed during the procedure.
- Tobacco products, including e-cigarettes.

What to expect when you arrive

Your care team is ready to welcome you. Please check in at the admitting desk. A team member will greet you and bring you back. While your nurse prepares you for surgery, we ask family and visitors to wait in the lobby.

Your nurse will:

- Take your height, weight, blood pressure and temperature
- Ask you to change into a hospital gown
- Review your medications and ask a few questions
- Insert an IV

If needed, you may:

- Be asked for a urine sample (females of childbearing age)
- Have lab work or blood drawn

You'll meet several important members of your care team, including:

- Your anesthesiologist, who will review your history
- Your certified registered nurse anesthetist (CRNA)
- Your surgery nurse
- Your surgeon, who will check in with you before surgery

Two family members are welcome to sit with you once you're ready.

During surgery

Your anesthesiologist will discuss the best type of anesthesia for your surgery and comfort.

Types of anesthesia

- **General anesthesia:** You will be fully asleep and unaware of the procedure.
- **Monitored anesthesia care (MAC):** You'll feel relaxed and drowsy but still able to respond.
- **Regional anesthesia:**
 - **Epidural:** A small catheter delivers medication to reduce sensation in the lower body.
 - **Local anesthesia:** Numbs just the surgical site
 - **Nerve blocks:** Blocks pain in a specific area. It may be paired with a take-home catheter and medication pump for comfort after surgery.
 - **Spinal:** Used for lower-body surgeries; you'll be numb from the waist down during the procedure.

You will have time to ask any questions and feel confident in your care plan.

After surgery

As you begin to wake up from anesthesia, you'll be cared for in the Post-Anesthesia Care Unit (PACU). Our skilled nurses will be by your side, closely monitoring how you are doing and making sure you are as comfortable as possible. When you're ready, we'll either help you settle into your hospital room or prepare you to safely go home.

As you wake up, you may feel:

- Sleepy or groggy
- A mild sore throat or hoarseness (from the breathing tube)
- Blurry vision
- Dry mouth
- Some nausea or queasiness

These symptoms are usually temporary and will fade as the anesthesia wears off.

Starting your recovery

Here are some helpful tips to guide your recovery and support your comfort:

- Start moving as soon as your doctor allows it. Walking helps reduce the risk of complications and gets your body back on track.
- Chew gum to help get your bowels moving.
- Take all medications exactly as prescribed. Always follow your doctor's instructions carefully.
- Use ice packs, and keep your arms or legs elevated with pillows to ease swelling and pain.
- Don't skip your follow-up appointment. It is an important part of your healing process.

Managing pain safely

If you're taking pain medications

- Begin your oral pain medication before the nerve block completely wears off.
- Constipation is common. Drink plenty of water, eat high fiber foods and consider using Metamucil or MiraLAX®.
- Always take pain medication with food to avoid an upset stomach.
- Do not drive while taking pain medication.
- Do not drink alcohol while taking pain medication.

Important note: Some medications used during surgery can reduce the effectiveness of hormonal birth control for up to seven days. Please consider using an alternative birth control method for one to two weeks post-anesthesia.

Incentive spirometry

Using your incentive spirometer after surgery helps keep your lungs healthy and supports your recovery. Try to use it every hour while you're awake for 5-10 breaths.

- Inhale normally, then exhale.
- Place your lips around the mouthpiece.
- Keep the device upright and not tilted.
- Breathe in slowly and deeply.
- Hold your breath long enough to keep the indicator raised for 3 seconds.

Your care team will remind you when and how to use your spirometer and be there to cheer you on.



Charting incentive spirometry

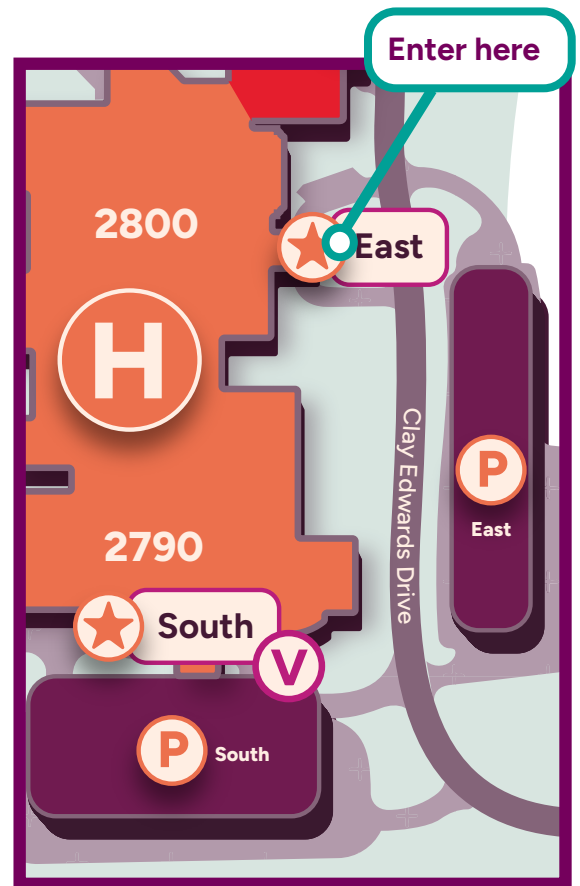
Date					Day before surgery
A.M.					
Noon					
P.M.					

Getting here for your appointment or surgery

General Surgery

2800 Clay Edwards Dr., 2nd Floor

- Use the east entrance.
- Walk straight across to the end of the hallway.
- Turn left and continue to the reception desk to check in.



Check in here

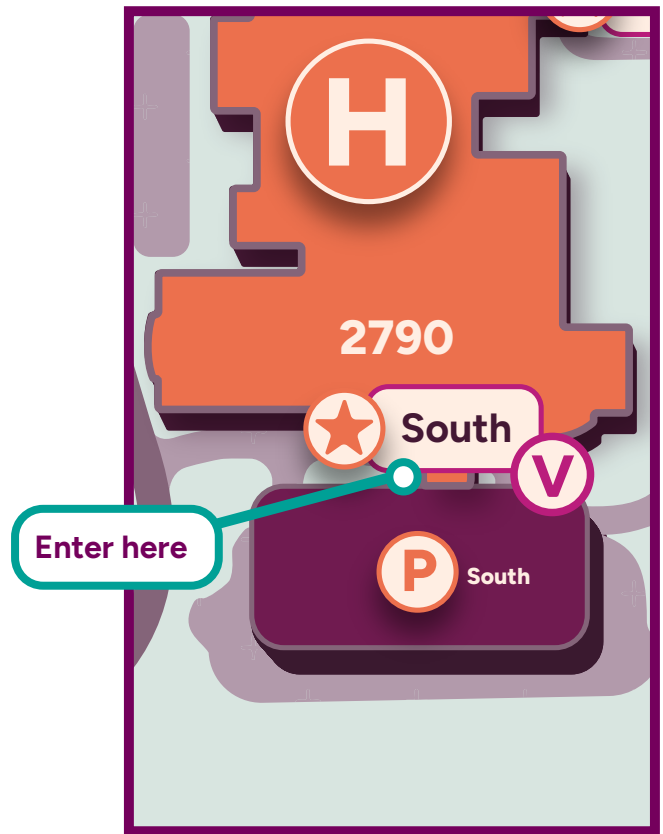


FLOOR LEVEL
2

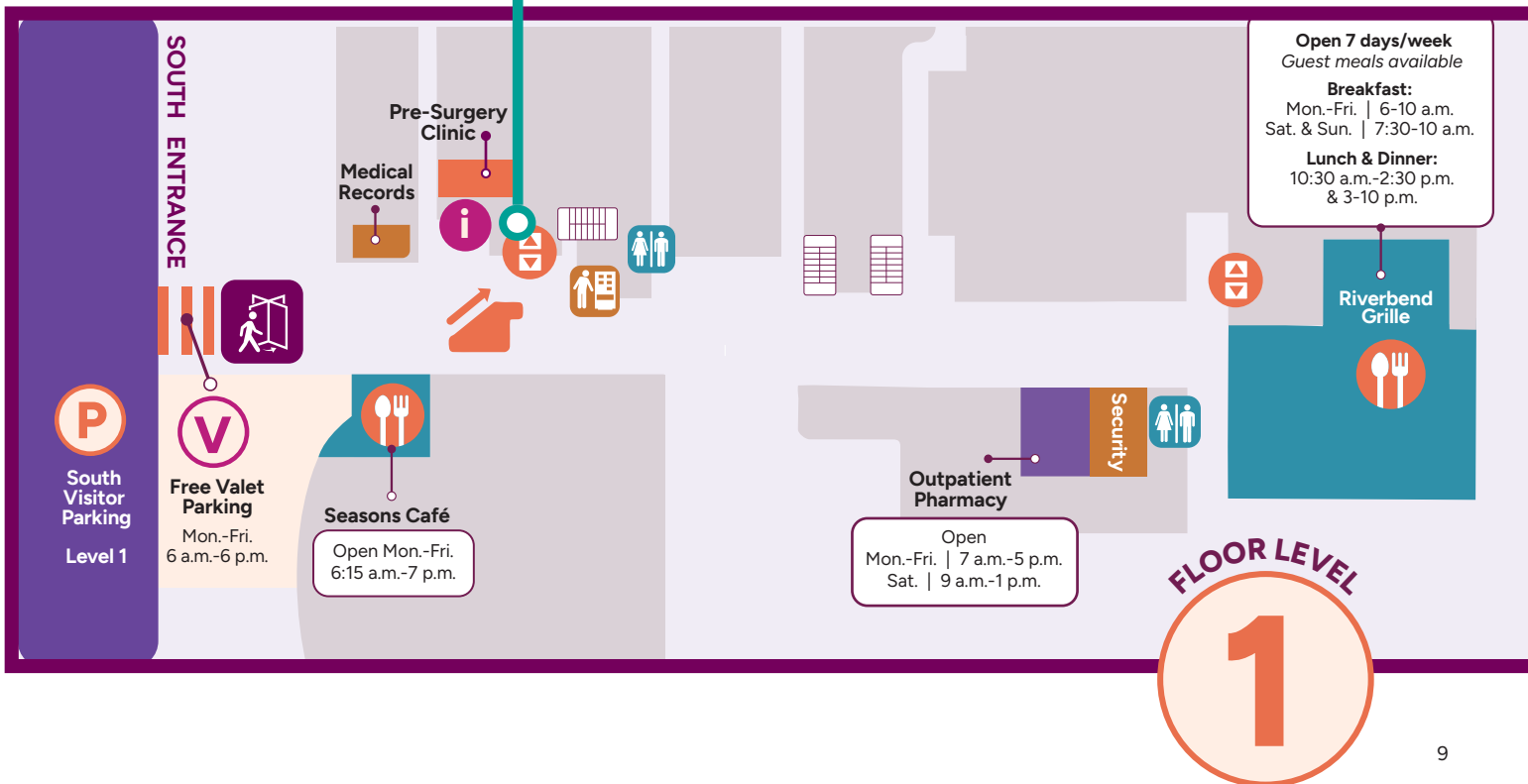
General Surgery

2790 Clay Edwards Dr., 3rd Floor

- Complimentary valet parking is available at the south entrance.
- You can also park in the visitor parking garage near the south entrance.
- Enter through south entrance and walk past the information desk.
- Take the elevator to the third floor.
- Exit the elevator and proceed to the reception desk to sign in.
- If you are having open-heart surgery, don't forget to bring your folder on surgery day.



Take elevator here





Scan to find
a class



Preparing for joint replacement surgery

We're here to help you feel confident, supported and ready for your upcoming procedure. Our joint replacement class is designed to walk you through everything you need to know — before, during and after surgery — so you feel informed and empowered every step of the way.

Class details

First and third Tuesdays of the month

Choose a time: **9:30 a.m., 12:30 p.m. or 4 p.m.**

In-person location: **2790 Clay Edwards Dr., 1st Floor, Burlington Room**

You'll learn directly from our care team, including tips to manage your recovery, navigate your hospital stay and get moving again.

Register today — it's free at nkhealth.org/TJRClass.

Can't join in person? No problem. A virtual class option is also available so you can attend from the comfort of your home. (Please note: the bonus hour is not included in the virtual format.)

Don't miss the bonus hour!

Add even more confidence to your recovery plan with an extra hour of hands-on learning, including:

- Mobility training with a physical therapist
- Pain pump care with a nurse

Bonus hour sessions: 11 a.m.-Noon or 2-3 p.m.

Bonus sessions are available in-person only.

Need to get in touch?

If you have questions or need support, we're just a phone call away.

Surgery

2790 Clay Edwards Dr., 3rd Floor | (816) 691-1758

2800 Clay Edwards Dr., 2nd Floor | (816) 691-1759 or ext. 11760

Pre-Surgery

2790 Clay Edwards Dr., 1st Floor | (816) 691-1344

Navigator

Orthopedic Navigator | (816) 691-5363

If you need to cancel your surgery, please contact your surgeon directly.

Visiting hours are 6 a.m.–9 p.m., but may vary depending on your care unit.

NKC Health™



2800 Clay Edwards Dr.
North Kansas City, MO 64116

nkchealth.org