



Here for you. Here for good.

Preparing For Your Procedure

Surgical Services

UNC Health Southeastern

300 West 27th Street
Lumberton, NC 28358

Preadmission Testing:
(910) 671-5545

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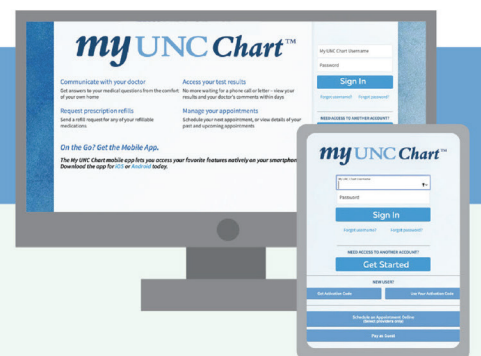


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A Guide for Patients and Families Preparing For Surgery

Thank you for choosing UNC Health Southeastern for your procedure. Our highly trained providers and care team members are committed to delivering the highest quality care. The information in this booklet will help you prepare for your procedure.

Preadmission Testing Appointment	
Testing Date	
Testing Time	
<input type="checkbox"/>	UNC Health Southeastern
<input type="checkbox"/>	No Appointment Required

Day of Procedure Appointment	
Procedure Date	
Arrival Time	Procedure Time
It is very important that you arrive on time. <i>If your procedure time changes, the hospital will call you.</i>	

Please bring this booklet with you to ALL procedure-related appointments.

Notes:

Important Phone Numbers:

Please call your surgeon's office or UNC Health Southeastern at (910) 671-5000 if your health changes before your surgery.

UNC Health Southeastern Main Number	(910) 671-5000
UNC Health Southeastern Pharmacy	(910) 735-8806
Hospital Billing Questions	1-800-594-8624

Before Surgery

Pre-Procedural Testing

- Once the decision has been made that surgery or a procedure is necessary, your surgeon will schedule your surgery date and time.
 - When the hospital receives the information from your surgeon's office, a Pre-Admission Testing (PAT) nurse will call you to get your health history information or to set up an appointment for you to meet with the nurse.
 - Pre-procedural testing is to review your entire medical history, including outside medical records, current medications, allergies, order labs, and an EKG or X-rays, if necessary. Bring your medications to the appointment. Please note that this visit may take 1-2 hours.
 - Based on your health history, your surgeon or nurse may find it necessary to have a medical or cardiac clearance prior to the procedure. This may require you to schedule a visit with your primary care provider, cardiologist or other specialists.
- Before you leave your surgeon's office, please make sure the staff has the correct phone number where you can be reached.



It is important that the PAT nurse speak with you before you come for surgery. If you do not speak with a PAT nurse, you may miss important instructions or testing, and your procedure may be cancelled. If you have not spoken to a PAT nurse before your procedure date, please call:

PAT: (910) 671-5545

Preparing For Your Surgical Procedure

- You will receive a call from scheduling/ registration to get your address, correct name and spelling, and insurance information.
- You will be called the day before your procedure with your arrival time, which will be around 2 hours prior to your scheduled procedure start time. For your safety, during this time you will meet many members of your care team, including our anesthesiologist who sees all of our patients and needs time to answer any and all questions you may have about your anesthesia.
- If you get a rash, fever, cold, nausea, or vomiting within 24 hours prior to your surgery, please call your surgeon. It may mean that your surgery will need to be postponed.



Please know that there is always the potential for delays and time changes related to emergencies or other cases that may take longer than expected. If any delay or emergency arises, we will keep you informed of any surgery time changes before and on the day of surgery.

Parents of Children Coming to Surgery

- **Children under 2 years of age** may have usual diet until midnight. Between midnight and 3:00 a.m., they may have 3 ounces of a clear liquid (water, apple juice). After 3:00 a.m., nothing by mouth.
 - Please bring formula, pacifiers, bottles and/or a sippy cup and diapers. Your child will need these items after surgery. Children may bring a **small** favorite toy, pillow or blanket to take to surgery with them.
 - All minors (18 years or under) must be accompanied by a parent or legal guardian, who must remain at the hospital the entire time the child is here.
 - **If you are the legal guardian, you will need to bring a copy of the signed and notarized legal guardianship paperwork with you, if we do not already have it saved in the medical record. Non-parental legal guardians need to bring a copy of the signed and notarized legal guardianship paperwork to the hospital the day of surgery.**
 - Your child will need your attention after surgery. Please arrange for siblings to be cared for at home. If this is not possible, we recommend that you bring a second adult along to help with their care.
-

Transportation

You will need to have a driver who is 18 years or older to get your discharge instructions, take you home, and stay with you the first 24 hours after surgery. You cannot drive yourself or be left alone.

- We ask that the driver be here during your surgery in case we or the surgeon/physician needs to talk with him or her.
 - For your safety, we will not allow you to use a taxicab/Uber/Lyft to go home, unless a responsible adult rides with you. This does not include the driver of the car service.
-

Advance Directives

- If you have an advance directive (living will or medical power of attorney), please bring a copy with you to registration. It will be scanned into your chart.
 - All advance directive forms (living will or medical power of attorney) must be completed and notarized before the day of your procedure.
-

When You Arrive

- Arrive at the main entrance of the hospital the morning of your procedure for registration.
- Bring your picture ID and your insurance card(s). You will need these to complete the registration process.
- Copays will be collected at registration, if required.
- After checking-in, we will begin to prepare you for surgery. We review all of your paperwork and ensure that your procedure is scheduled accurately as well as any other important health care information is noted.
- Depending on the type of surgery, we may perform additional steps to reduce your risk of surgical site infection. This may include using a nasal swab to kill germs in your nose or special cleaning cloths to kill germs on and around your surgical site.

Important Instructions

On the Day of Your Surgery

- **ADULTS SHOULD NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE AND UP TO THE TIME OF SURGERY, unless instructed to do so.** This includes candy, gums, mints, water, black coffee, cough drops, snuff or chewing tobacco. Failure to follow these instructions may result in the cancelation of your procedure.
- Do NOT smoke, drink alcohol, or use illegal drugs for 24 hours before your procedure.
- Shower or bathe and shampoo the night before and/or morning of surgery. If you are provided special soap, use soap as instructed (see instructions in the back of this booklet).
- After showering, **DO NOT** apply makeup, deodorant, lotion, powder or perfumes.
- **Prior to surgery, please make sure clean bedsheets are applied to your bed and clean pajamas are available when you return to your home after surgery.**
- Do **NOT** shave or wax the area near your procedural site within 48 hours of your procedure.
- Remove any colored nail polish. Only clear polish is acceptable.
- For the sake of your privacy and the limited space in the surgical preparation rooms, one visitor will be able to accompany you in the surgical preop and postop areas. Let family and friends know that you will be at the hospital for a brief time and they should plan to visit you at home.
- Please leave large sums of money at home. Exceptions are money for prescriptions needed for surgery. The UNC Health Southeastern Pharmacy (#1) located inside the medical center can fill your prescriptions for you prior to discharge. Bring your insurance card and any pharmacy cards for prescription fills.

Medications

Before Your Procedure:

- Please bring all prescription medications including prescription eye drops. You may need to take some of your medicine prior to surgery. The pre-operative nurse will discuss this with you during your pre-surgery call or visit.
- **FOLLOW INSTRUCTIONS PROVIDED TO YOU BY THE PAT STAFF REGARDING WHICH MEDICATIONS TO TAKE OR TO NOT TAKE.** If there is a discrepancy between these instructions and the instructions given to you by your surgeon, contact the PAT office **BEFORE** the day of surgery for clarification. Failure to follow the instructions provided by the PAT staff may result in the cancelation of your procedure.

Day Of Your Procedure:

- If instructed to take medications at home, do so only with a sip of water. Nebulizer treatments should be done the morning of surgery before arriving at the hospital.

The Morning Of Your Procedure

- Adults should not eat or drink anything after midnight, unless otherwise directed. If directed, examples of clear liquids would be:
 - › Water
 - › Clear/yellow/green sports drinks (non-carbonated)
 - › Apple/White grape juice
 - › Black tea or coffee. Sugar is okay. **NO** cream or milk.
- Wear clean and comfortable clothes for discharge.
 - › Button down shirts work well for arm, neck, pacemaker/defibrillator implant, or eye surgery.
 - › For shoulder surgeries, please bring an oversized t-shirt that you can wear upon discharge.
 - › Loose jogging/ sweat pants or shorts work well for large foot or leg dressings.
 - › Patients that are permitted to wear undergarments or underwear are to bring an extra pair.
 - › The hospital will provide a gown and a pair of nonskid socks to wear during your stay.
- Take off all jewelry, including all body piercings, and **leave all valuables at home**. You will be asked to remove this items and any hairpins, hairclips and watches prior to surgery.
- Brush your teeth.
- Contacts, glasses, dentures and/or partials will be removed before surgery. We supply denture cups if you have dentures or a partial to be removed. Please bring a container for your contacts and a case for your glasses.
- If instructed to take medications the morning of surgery, do so only with a sip of water.
- If you use a CPAP or BiPAP machine, please bring it with you and leave it in the car.
- If you use an insulin pump, home oxygen, or have an ostomy, bring any necessary supplies with you.
- If you have any implanted devices with an external controller like a spinal cord stimulator, please bring the controller with you to the hospital.
- If you are spending the night, please leave your overnight bag in the car. Your support person can get it later when you go to your room.
- For leg, knee and foot surgery:
 - › If you have crutches or a walker, bring them with you. Wear sturdy shoes, for example, tennis shoes or loafers. A good comfort measure for the ride home is elevating your leg on 1 or 2 pillows.

Infection Prevention

What You Can Do To Help Prevent Infection Before Your Surgery

- Discuss any health problems, such as diabetes, that you have with your doctor. Good control of your blood sugars will help reduce the risk of getting an infection.
- Follow any instructions you have received regarding showering including using any special soap that your doctor may have instructed you to use.
- Quit smoking.
- **Avoid shaving near and around the surgical site at least 48 hours prior to surgery.** Shaving can cause small nicks in your skin where bacteria can grow and cause an infection.

Anesthesia During Your Procedure

What is Anesthesia?

Anesthesia is used to manage pain during surgery or procedures. There are a few different types. You will meet with the anesthesiologist prior to surgery to discuss which type is most appropriate for you during your procedure.

What Determines the Type of Anesthesia That is Best For You?

- Past and current health
- Type of procedure
- Results of blood test, EKG, and other health studies

Types of Anesthesia

General Anesthesia	
<ul style="list-style-type: none">• Administered through an IV or a mask.• You are unconscious and have no awareness or other sensations.	<p>Possible Side Effects</p> <ul style="list-style-type: none">• Nausea and vomiting• Sore throat• Dry mouth• Metallic taste• Sleepiness• Shivering
Monitored Anesthesia Care (MAC)	
<ul style="list-style-type: none">• Sedative medicines administered through your IV, which may make you drowsy or fall asleep.• You are not unconscious but may not remember your procedure.	<p>Possible Side Effects</p> <ul style="list-style-type: none">• Nausea and vomiting• Sore throat• Sleepiness
Regional Anesthesia	
<ul style="list-style-type: none">• Blocks sensation of pain to a portion of the body.• First, you may be given medicine through your IV to help you relax.• Then, anesthesia is injected around specific nerves to block pain.• This medicine may keep you pain-free or lessen the pain for up to 72 hours.	<p>Possible Side Effects</p> <ul style="list-style-type: none">• Headache• Difficulty urinating• Back pain

The Recovery Process After Your Surgery

- Following your procedure, you will be in the post anesthesia care unit, also called PACU or Recovery Room. Recovery time varies for each patient. Family members are not usually permitted in this area. Exceptions are sometimes made for situations such as pediatrics.
- After recovered in the PACU, you will be moved to Same Day Surgery if you are going to be discharged. Family members and/or your driver will then be requested to join you.

Discharge Instructions for Your Recovery

- Discharge instructions will be reviewed with you and your driver or family member, who must be 18 or older. You will receive a copy of your discharge instructions regarding your recovery, pain and nausea, signs and symptoms of infection and possible bleeding.
- Your surgeon may provide you with specific instructions to aide in your recovery that are specific to your surgery and outcomes.
- Any prescriptions the surgeon may prescribe will be sent electronically to your pharmacy of choice. You may choose to send your prescriptions to the UNC Health Southeastern Pharmacy (#1) for your convenience as well.
- Do not drive or use any complicated machinery for 24 hours.
- Do not make important decisions or sign any legal documents for 24 hours.
- You will need to have someone stay with you that is 18 years of age or older for 24 hours. If you have any problems once you are at home, go to your nearest emergency room or call your surgeon's office. Your surgeon's phone number can be found on your discharge instructions inside the discharge folder.

**WE WANT
TO HEAR
FROM YOU...**



Carolina Care Rewards and Recognition Program

Recognize the excellent service provided during a visit to one of our facilities that was above and beyond by nominating a teammate for a Carolina Care Award. The Carolina Care Rewards and Recognition Program acknowledges the great things that our teammates make happen by exhibiting our core values every day.

To nominate a UNC Health Southeastern teammate, scan the QR code or visit unhealthsoutheastern.org/about-us/carolina-care-rewards-program-nomination-form/



Questions? Email SEcarolinacare@unhealth.unc.edu.

Pain and Nausea Management

Pain Management

Your comfort is very important to your recovery. At UNC Health Southeastern we strive to control your pain after your procedure. Your doctor may send a prescription for pain medication to your pharmacy. Take this pain medication as prescribed. It may not completely relieve your pain but should keep your pain at a manageable level. If you experience severe pain that is unrelieved by your medications, notify your surgeon. You may also use ice, and if you had surgery on an arm or leg, elevate it to help with pain relief.

Nausea/Vomiting

Nausea may be a side effect of anesthesia or some types of surgeries. Please tell your anesthesiologist if you have had nausea in the past after receiving anesthesia (or just nausea in general). Medicine can be given before and/or after your procedure for your comfort. If you are experiencing side effects from any medicine given to you (nausea, itching, etc.) please tell your nurse.

Pain and pain medicine can sometimes cause nausea as well. If you experience nausea or vomiting, drink plenty of fluids to prevent dehydration. Choose water or other caffeine-free clear liquids until you feel better. When you are able to eat, try clear soups, mild foods, and liquids until all symptoms are gone.

Bleeding

After surgery, it is common to have some minor oozing from the incision. If you experience bleeding that soaks one or more bandages over 2 to 4 hours, notify your surgeon.

When to Contact Your Doctor

Call your doctor or seek immediate medical care if:

- You have new or worsening nausea or vomiting
- You are too sick to your stomach to drink any fluids
- You cannot keep down fluids
- You are dizzy or lightheaded after anesthesia has worn off, or you feel like you may faint.
- You have symptoms of dehydration, such as:
 - › Dry eyes and a dry mouth
 - › Passing only a little dark urine
 - › Feeling thirstier than usual

Infection Prevention

At UNC Health Southeastern, we are committed to your health and wellbeing. Here are a few things we do to prevent the site of your procedure from becoming infected.

- We clean our hands with soap and water or an alcohol-based hand gel before and after caring for each patient.
- We will use clippers, not a razor, to remove any hair near your surgery or procedure site.
- Your surgical team will clean their hands and arms with antimicrobial soap and wear hair covers, gowns, masks, and gloves in the operating or procedure room.
- We will clean your skin at the site of surgery with a special soap that kills germs.
- We may give you antibiotics before or during your procedure.
- Depending on the type of surgery, we may perform additional steps to reduce your risk of surgical site infection. This may include using a nasal swab to kill germs in your nose or special cleaning cloths to kill germs on and around your surgical site.

What You Can Do To Help Prevent Infection During Recovery

- Ask your provider to clean their hands before examining the site.
 - Do not allow visitors to touch the surgical wound or dressings.
 - Ask all family and friends that visit with you to wash their hand before and after visiting you.
 - Always clean YOUR hands as well before caring for your wound.
 - **If you experience any signs and symptoms of infection, such as redness, pain, drainage or fever, call your doctor immediately.**
 - Good control of your blood sugars will help reduce the risk of getting an infection.
 - Quit smoking.
- *After office hours call the main UNC Health Southeastern hospital number, (910) 671-5000, and have the operator page the surgeon or whoever is on call for the practice. If you are still unable to reach your surgeon and need to be seen by a physician, report to UNC Health Southeastern Emergency Department. If it is an emergency dial 9-1-1.

**Here for you.
Here for good.**



Surgical Scrub Instructions

Your physician has ordered special soap for bathing, which has ingredients to help prevent infection. The purpose of this soap is to reduce the amount of normal bacteria on the skin. These bacteria may be a potential source of infection at the surgical site. **DO NOT** use this soap on your face, genital areas (vagina, penis, rectum) or to wash your hair. Follow these instructions carefully.

The Night Before Your Surgery

1. Remove ALL jewelry before you shower and leave off until after surgery.
2. You may wash your face, hair and genitals with the soap that you normally use.
3. Rinse your hair thoroughly before using the special soap on your body.
4. Use a clean washcloth to apply the soap.
5. Wash your body from the neck down to the toes (excluding the genital area) and clean your belly button and skin folds carefully.
6. The soap does not lather but does clean your skin.
7. Be sure to clean the area well where your surgical incision will be as long as it is not on your face or genital area.
8. Rinse thoroughly with running water.
9. Dry with clean towel.
10. DO NOT use deodorant, powder, lotions, perfume, aftershave or cologne.

Thank you for participating in the success of your surgery!



UNC
HEALTH®
Southeastern

We care about your experience!

You may receive a survey by mail, email or text asking about your visit.



Please complete the survey.

Your feedback is important and helps us improve our care.

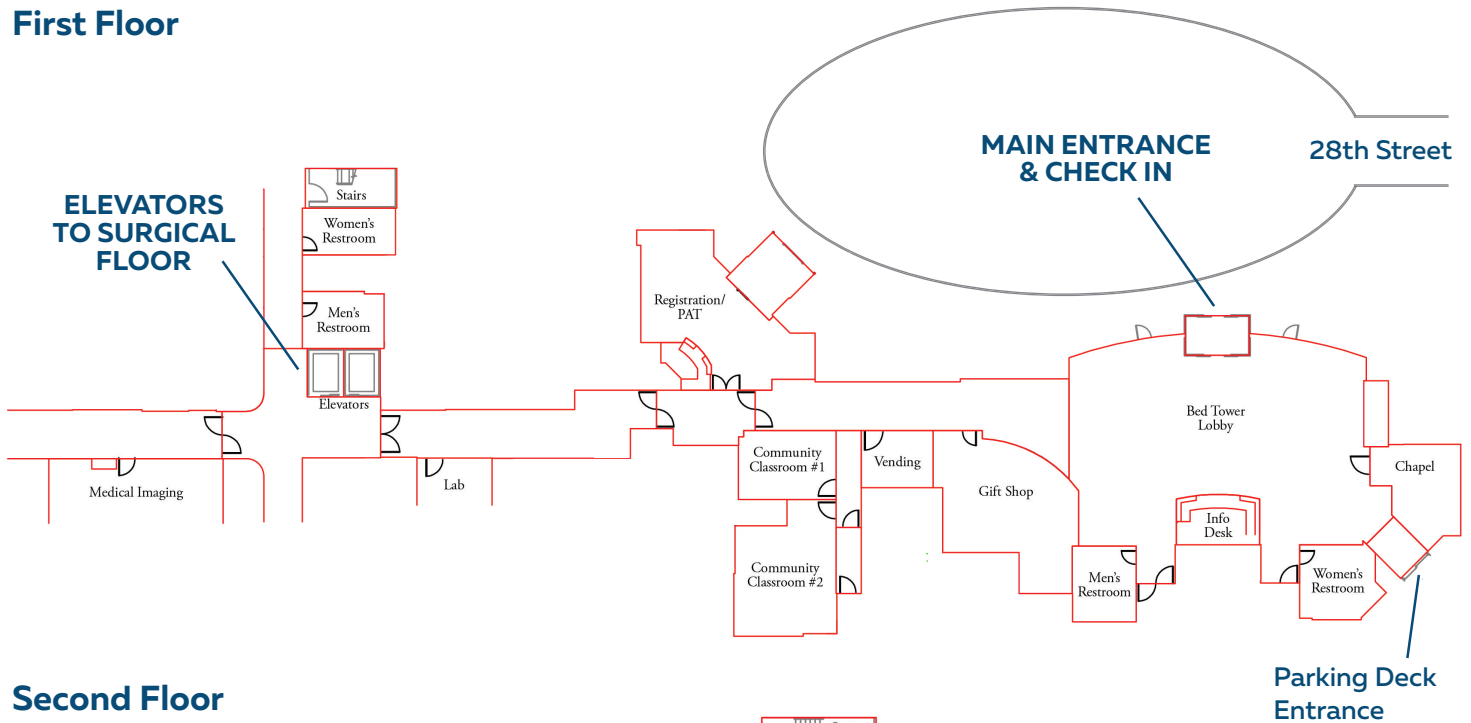
PressGaney Surveys are administered by Press Ganey Associates LLC. All responses are confidential.

UNC Health Southeastern Campus Maps

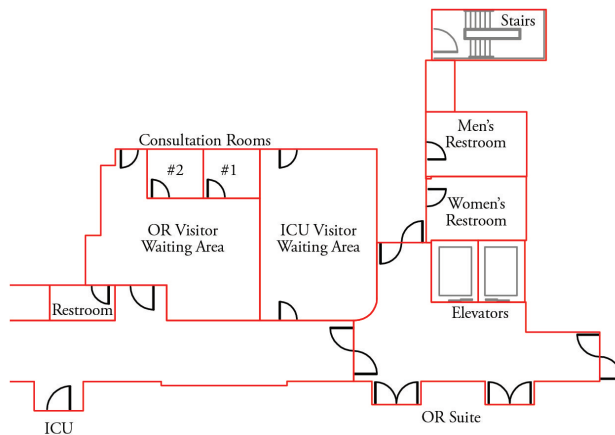


300 West 27th Street
Lumberton, NC 28358

First Floor



Second Floor



Parking

Free visitor parking is available in the parking deck on the east side of the medical center and in the lot on 28th Street.

Visitor Management System

The electronic visitor management system utilizes photo ID badges to help to expedite visitor check-in and offers an array of security features for patients and guests, as well as the organization. A printed badge allows access to a specific area for up to 24 hours.

UNC Health Southeastern:

Here for you. Here for good.

In addition to offering services you'd expect from a community health care system, UNC Health Southeastern provides a number of specialized services that are unique to our health care system and not available anywhere else in the region.

Did you know –

UNC Health Southeastern provides:

- Obstetric services to many residents of Bladen County because they do not have a resource in their county for delivery services.
- Open heart surgery for patients in Bladen, Columbus and Scotland counties because this service is not available in these counties. UNC Health Southeastern also provides heart positron emission tomography, which is used measure blood flow to the heart in order to diagnose heart disease, for patients in the region as a alternative to the Raleigh area.
- Inpatient behavioral services for the region, including Bladen, Columbus and Scotland counties, as this service is not available in these counties.
- High-level, advanced technology diagnostic and treatment services for cancer patients in the region.



Some additional specialty services that we offer that are unique to our local health system include:

- Interventional radiology, which uses minimally-invasive, image-guided procedures to diagnose and treat diseases.
- Thrombectomy, or the removal of a blood clot from a blood vessel.
- Weight-loss surgery, using minimally-invasive techniques for faster healing times.
- A growing vascular surgery program with the addition of a cardiothoracic surgeon, who performs vascular procedures.

It is our mission to provide exceptional care for our diverse region; offer the highest quality standards in a safe environment; and provide compassionate care provided by a committed team.

At UNC Health Southeastern, together, we will improve the health and well-being of the region we serve.

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(910) 671-5000
UNCHealthSE.org



