



# Your guide to surgery at Edward Hospital

Please use this guide to help you know how to prepare for your surgery and what to expect on the day of surgery.

801 S. Washington Street  
Naperville, Illinois

***Healthy Driven***<sup>™</sup>  
Edward-Elmhurst  
HEALTH

# Your Guide to Surgery – Important information

Your procedure is scheduled on \_\_\_\_\_ at Edward Hospital.

## Pre-Admission Testing – (630) 527-3325

About 2-4 weeks before your surgery, you may be notified that an order has been placed in MyChart allowing you to make an appointment for your pre-admission screening phone call at a time that is convenient for you. Please follow the directions in MyChart to schedule. If you do not receive an order via MyChart, please call Pre-Admission Testing (PAT) to schedule a date/time for your phone screen.

If you're not active in MyChart, as soon as your physician has scheduled your surgery, please call Pre-Admission Testing (PAT) to schedule a date/time for your pre-admission screening phone call, Monday – Friday, 8 am to 6:30 pm.

When scheduling your appointment (whether by phone or through MyChart), please allow a 30-minute window to receive your phone call. Once on the phone, the call may take up to 45 minutes.

## Preparing for your surgery

Prior to your surgery, please discuss any concerns about your surgery with your physician who can help you understand the risks and benefits involved with your procedure.

**Note:** No matter how minor it may seem, an important part of preparing for surgery/procedure is arranging in advance for a friend or family member to accompany you to the hospital, drive you home afterward and stay with you overnight. For cabs or ride-share services, you must be accompanied in the vehicle (the driver does not qualify). **Your surgery/procedure will be cancelled if you are not able to arrange for a responsible adult to take you home and stay with you overnight.**

## Pre-Surgical Screening

**A Pre-Admission Testing Nurse will complete your pre-surgical screening over the phone.** Your primary care physician, your surgeon and/or your anesthesiologists may have ordered different pre-operative tests that need to be completed prior to your surgery. During this screening, the nurse will identify any tests you may need and provide you with other helpful information. These tests may be completed at Edward or another site as determined by your insurance company.

A great deal of information will be required when preparing for your procedure. During your phone conversation with the pre-admission nurse, it's important to volunteer the most accurate and complete information possible, as it will assist your caregivers in providing the best possible care. The following information will be requested:

- > General health information
- > Your medical history, including all other surgeries
- > Allergies to medications
- > Recent illness, including fever, colds, or rash
- > Current dosages of prescription and over-the-counter medications
- > Any chronic medical problems, including diabetes, high blood pressure or sleep apnea
- > Medical Power of Attorney or other healthcare directives

## Confirming your arrival and surgery time

You will receive a call from Edward Hospital one to two days (weekdays, Mon-Fri) prior to your surgery. During this call, you will receive instructions, as well as your arrival and surgery times. Your arrival time may be up to two hours prior to the time your surgery is scheduled to begin.

**It is important for you to arrive at your designated time to allow adequate time for pre-surgical preparation.** This includes registration needed on the day of the procedure, review of your medical information, blood work, testing or administration of any medications that may be needed before surgery.

**Surgery times may change** in order to accommodate all patients scheduled, including emergencies. If your surgery time changes, the hospital will contact you and work with you to minimize any inconvenience. **Should your procedure time change, we will notify you as soon as possible by phone.**

**\*\*If you will not be available at your primary phone one or two days before your surgery, please call (630) 527-3325 and leave a message with the number where you can be reached.** If we are not able to reach you, we will leave a detailed message at your preferred number with pre-operative instructions.

## Your procedure day



**On the day of your surgery, certain documentation will be needed** for registration and pre-operative care. Gather the following documents and information ahead of time and bring them with you to the hospital:

- > Current Photo ID
- > Insurance cards, including pharmacy insurance card, if applicable
- > Completed advance medical directive

**Be sure to arrive at Edward on time.** Before arriving, there are things you should do to prepare.

- > Do not eat or drink (as instructed by Edward Hospital staff or your surgeon). This includes gum, candy, mints and water.
- > Leave all valuables at home.
- > Absolutely no jewelry can be worn.
- > Bring a list of your current prescription and non-prescription medications, including dosage strength and times taken.
- > Remove all makeup.
- > Wear loose, comfortable clothing.
- > If you use a home Continuous Glucose Monitor (CGM), please remove it prior to surgery.

For children under age 18, a parent or guardian must be present and remain on site on the day of surgery.

**Upon arriving at Edward Hospital, park in the South Garage.**

On weekdays (Monday – Friday, 5:15 am – 1:30 pm), enter the South Lobby and take the D elevators to the 2nd floor. Proceed to the Surgical and Endoscopy Check-in Desk.

Between 1:30-8 pm on weekdays and on Saturdays, check in at the Registration Desk in the South Lobby, which is located across from the Information Desk. After 8 pm on weekdays, go to the Emergency Department, Booth C to check in.

You will be asked to verify insurance information and sign authorization for treatment. Once registration is complete, you will be directed to Perioperative Services.

# Your surgery

**When you arrive in Perioperative Services, the care team will conduct a pre-operative evaluation and prepare you for surgery.**

You may find you are asked the same questions repeatedly regarding your medical history, symptoms and the procedure you are having. Each health professional needs this information for different purposes, such as planning your care, double-checking for allergies and ensuring your safety.

Your surgical team will include highly skilled, specially trained individuals. Your surgeon will lead team members including registered nurses, certified technologists, anesthesiologists, and possibly a surgical assistant during your procedure.

On the day of surgery, you will meet with your anesthesiologist to discuss which type of anesthesia is best suited for your individual needs.

## Medication Bedside Delivery

If you are having outpatient surgery during the day, you may participate in MedPoint Services (our bedside delivery of discharge medications) at no additional cost. To participate, please bring your pharmacy insurance card and co-pay, if applicable, with you on the day of surgery. Credit/debit card payments accepted. If you are scheduled for surgery after 2 pm, please bring your 24-hour pharmacy phone number with you, just in case. Edward Pharmacy (located on-site at 100 Spalding Drive, Suite 101) is a full-service pharmacy which provides a convenient, cost-effective way to meet all your medical needs.

# Post-operative care and recovery

After your surgery, you may be taken to the recovery room, also called PACU or Post-Anesthesia Care Unit. Depending upon the type of anesthesia used, you may return directly to Perioperative Services. During recovery, you will be closely monitored as the anesthesia wears off. You will then be assigned to a room or discharged to home from Perioperative Services.

## Pain

Pain control is a top priority for the care team at Edward. While you should expect to experience some pain after your surgery, we will make every effort to help reduce it. It is important for you to communicate the pain level you are feeling and the area in which you are experiencing the pain. At Edward, a pain scale of “0” to “10” is used. A “0” level of pain means you feel no pain. A level “10” pain means you feel the worst possible pain. Our goal is to keep you comfortable by using prescription and over-the-counter options. For example, Acetaminophen or ibuprofen for mild pain and narcotics (opiates) for severe pain. Images such as sad and happy faces are used for children to communicate their pain levels.

## Recovery

The care team will monitor you through recovery. Your surgeon will let you know when and how quickly you should become more active following your procedure. Upon discharge, an after visit summary will be provided to you that includes a list of care instructions. It is often helpful if a friend or family member listens to the care instructions with you. This will enable them to be better able to help you during your recovery.

## Follow-up care

Follow-up care, which is usually arranged with your surgeon’s office, is important to monitor your recovery. Questions to ask about follow-up care include:

- > When and where is my first follow-up visit?
- > Who should I call to make the appointment?
- > When will my stitches, staples, and/or cast be removed?

# Frequently asked questions



## **My child is having surgery. What should I know?**

Edward is fully prepared to treat and care for your child. The healthcare team at Edward understands the anxieties that you and your child may experience in the surgical environment. Your questions are welcomed.

All steps will be taken to provide your child a safe and comfortable experience. You will be able to stay with your child until he or she is taken to the operating room. You may rejoin your child in recovery as soon as it is possible to do so.

Feel free to bring a favorite toy, blanket or electronic device to help comfort your child.

## **Will I be able to wear my dentures, glasses, jewelry, contact lenses or hearing aids?**

You will be asked to remove these items when you are preparing for surgery in the pre-operative area. You may wear your glasses, hearing aid(s) and/or dentures to the hospital. However, do not wear jewelry, contact lenses, piercings or use adhesive on dentures. If you wear a hearing aid(s), ask if you should remove it before your procedure, and please bring a container to store any of these items.

## **Should I bring someone with me the day of the procedure?**

Yes, please make arrangements to have someone drive you home after your doctor has released you from the hospital. You cannot drive yourself home, no matter how minor you consider your procedure and someone needs to stay with you overnight.

The support of family and friends is important to your emotional and physical needs before and after surgery. Family and friends may wait with you in the surgery preparation area. You should also leave personal belongings with them. While you are undergoing your procedure, they can wait in the surgical waiting area. For everyone's safety, visitor policies may be revised as needed.

Following your release from the hospital, it's very helpful to have a friend or family member help with small tasks and daily living activities until you have recovered.

## **When may I return to work after my surgery?**

You and your surgeon should discuss when you may return to work. Each surgery and person are different. Your return to work may also be affected by the type of work you do.

## **Who do I call if I have questions about billing?**

Please call our Patient Accounts department at (630) 527-3100 for questions regarding billing. For billing related to anesthesia, please call (800) 242-1131. If you have questions regarding your medical insurance including benefit coverage, please contact your insurance carrier directly.

# Surgical checklist

What steps do you need to take to help you prepare for your surgery? See the checklist below. If you are MyChart active you will receive an order allowing you to self-schedule your phone screen.

## Several Days Before Surgery

- As soon as your surgery is scheduled, call Pre-Admission Testing (PAT) to schedule your pre-surgical screening at (630) 527-3325.
- During your screening phone call, the Pre-Admission Testing nurse will help coordinate any pre-operative testing that is needed. **Note:** Depending on your surgery and your prior history with Edward-Elmhurst Health, your pre-op lab visit may require two separate blood tests several minutes apart to confirm your blood type – it is performed for your safety.
- Talk to your physician's office about medications, special instructions or special preparations for your surgery. This may include questions related to over-the-counter medications.
- Consult your cardiologist or primary care physician if you take blood thinners.
- Stop smoking. If you are unable to quit, at least cut down on the amount you smoke before surgery. For assistance, call the Smoking Cessation Clinic at (630) 646-2273 to schedule an appointment.
- Ask about possible reactions between the medications you currently take and any post-operative medications you may need.
- Arrange for a friend or family member to pick you up from the hospital and stay with you overnight, or as directed by the Edward nurse.
- Call your doctor if you have a fever, cold or rash. Your surgery may need to be postponed.

## One to Two Days Before Surgery

- Avoid excessive alcohol use before surgery. Alcohol can interact with some medications. Please let us know if you need help decreasing your alcohol use. Do not use medical or recreational cannabis/marijuana derivatives 24-hours before your surgery/procedure.
- Do not eat any solid food after 11:00 pm the night before surgery unless instructed otherwise by the Edward Hospital staff. This includes gum, mints and candy. For your safety, carefully follow the specific fluid instructions that you received from the Edward Hospital staff. If you are instructed to take medication the day of surgery, please do so with a small sip of water.

## Day of Surgery

- Bring your photo ID and insurance cards with you to the hospital.
- Bring your list of medications, including vitamins and supplements.
- Wear loose comfortable clothing.
- Do not wear jewelry or adhesive on dentures.
- Leave all valuables at home.
- Plan to arrive at the stated time last given to you. Please allow enough time for parking and registration.





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