

WHAT YOU NEED TO KNOW

We encourage you to become an active, involved and informed participant of the health care team. The PACU embraces the “Speak Up” initiative developed by the Joint Commission and Centers for Medicare and Medicaid.

Speak up if you have questions or concerns. If you don't understand, ask again. It's your body and you have a right to know.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications from the correct health care professionals. Don't assume anything.

Educate yourself about your diagnosis, the medical tests you are undergoing and your treatment plan.

Ask a trusted family member or friend to be your advocate.

Know what medications you take and why you take them. Medication errors are the most common health care mistakes.

Use a hospital, clinic, surgery center or other type of health care organization that has undergone a rigorous on-site evaluation against established state-of-the-art quality and safety standards, such as those provided by the The Joint Commission.

Participate in all decisions about your treatment. You are the center of the health care team.

ABOUT ORANGE COAST MEMORIAL MEDICAL CENTER

Orange Coast Memorial Medical Center is the only not-for-profit hospital located in the Fountain Valley/Huntington Beach community. We are a full-service, acute care facility offering a wide range of specialty services including an award-winning emergency department, the MemorialCare Cancer Institute and MemorialCare Breast Center at Orange Coast, MemorialCare Heart & Vascular Institute, the Center for Childbirth, the MemorialCare Imaging Center at Orange Coast and the MemorialCare Center for Obesity at Orange Coast. We are able to keep pace with advances in medical science and patient care with the participation of the community we serve. It is your involvement and generous donations to the Orange Coast Memorial Foundation that allows us to continually update and shape our services, accommodating the ever-changing needs of our patients.



WE WANT TO BE A “10” IN YOUR EYES ALWAYS

We want to provide you with the best possible care in a comfortable environment. If you feel we are not achieving this goal, let us know how we can improve your experience.

PHONE NUMBERS

Manager, Perioperative Services
Heide Bradley, RN, BSN
(714) 378-7516

Orange Coast Memorial is a member of the not-for profit, integrated delivery system that includes six top hospitals – Long Beach Memorial, Miller Children's Hospital Long Beach, Community Hospital Long Beach, Orange Coast Memorial, and Saddleback Memorial in Laguna Hills and San Clemente; medical groups – MemorialCare Medical Group, Memorial Prompt Care; an Independent Practice Association (IPA) – Greater Newport Physicians; MemorialCare HealthExpress retail clinics; and numerous outpatient health centers throughout the Southland. For more information, go to memorialcare.org.

WHAT TO EXPECT ON THE DAY OF SURGERY

EXCEPTIONAL PEOPLE
EXTRAORDINARY CARE
EVERY TIME



ORANGE COAST MEMORIAL
MEMORIALCARE® HEALTH SYSTEM

9920 Talbert Ave. • Fountain Valley, CA 92708
Main: (714) 378-7000

WHAT TO EXPECT ON THE DAY OF SURGERY

Knowing what to expect during your surgical experience is important. We hope this outline assists you and your family members in understanding exactly what to expect prior to, on the day of, and after your surgery. If you have any additional questions about the surgical process at Orange Coast Memorial, please contact the **Pre-operative Holding Department at (714) 378-7180, Monday–Friday, 8 a.m.–6 p.m.** You may also contact your physician's office.

PRIOR TO SURGERY

The pre-op nurse will provide instruction to you by phone. You will be called the day before your surgery to be reminded of the time you need to arrive at the hospital. We encourage you to arrive two hours before your scheduled surgery to allow ample time for registration and preparation for your procedure.

- Please follow instructions provided to you by your surgeon and/or by the pre-op admitting nurse.
- Please leave all valuables at home and arrive to your surgery bathed or showered.
- Remove all jewelry before coming to the hospital.
- If you use one, please bring your inhaler to help with your breathing and notify the nurse or physician that you will be using one.

Pre-op tests ordered by your surgeon will be completed prior to your surgery date. These may include blood and urine tests, a cardiogram and a chest X-ray.

Prior to surgery please inform the nurse of any unusual illness/symptoms or feelings you are experiencing or any special needs you have.

To ensure your safety, it is mandatory that you have a driver take you home on the day of your surgery. It is also highly recommended that you not be home alone after your surgery. Transportation and personal arrangements must be made in advance, and your driver's name, contact phone number and location should be given to the admitting nurse prior to surgery for later use. **Your surgery may be cancelled if you have not designated a driver to take you home.**

IN THE PRE-OPERATIVE HOLDING AREA

Prior to your procedure, you will be taken into a changing area and will be asked to remove all clothing. You will be given a hospital gown to change into.

A nurse will interview you, perform an assessment, answer any questions you may have and will provide education about your procedure. You will be asked to empty your bladder, if you haven't done so already, and your nurse will start an intravenous (IV) line.

An anesthesiologist and an operating room nurse will interview, assess and plan your care. You will also be seen by your surgeon before you are taken into the operating room. **Consultation of a pediatric patient will be discussed with the parent and/or guardian privately.**

Sometimes there is an unavoidable delay when a hospital emergency case occurs or a patient before you has surgery that is longer than planned. Reading materials and the presence of family members are recommended and can assist in keeping you occupied during waiting periods. Your understanding and patience is always appreciated when there is a delay.

Once your procedure is ready to begin, your family members will be directed to the waiting room.

IN THE OPERATING ROOM

The same questions asked of you throughout your preparation will be asked once more, such as any allergies, when you last had something to eat or drink and the type of procedure that will be performed. Your nurse will answer any questions you have.

Once you enter the operating room, you may feel overwhelmed – do not be alarmed. A lot of activity will occur simultaneous to your arrival.

You may notice bright lights, instruments, equipment and a sterile environment. To maintain a sterile environment, operating room staff are required to wear facemasks.

An anesthesiologist will remain in proximity to your head and will monitor your vital signs throughout the surgery. You will be given medications through your intravenous line to help you relax and be as comfortable as possible.

IN THE POST-ANESTHESIA CARE UNIT (PACU)

When your surgery is over you will be observed for a period of time in the post-anesthesia care unit, also known as the recovery room. Recovery times vary with each patient and typically range from 30 minutes to an hour, or sometimes longer.

The nursing staff will monitor your vital signs closely, ensuring that you are awake to take a deep breath and are responding appropriately. The nurse will address your needs to ensure you have minimal discomfort. Once you achieve set criteria specific to your type of surgery and anesthesia, you will be evaluated for discharge home or transfer from the recovery room to a patient room within the hospital.

The PACU is a restricted visiting area because it is an open unit. In the interest of protecting patient privacy and confidentiality, extended visitation is not permitted.

Visitation Guidelines

- One consenting family member for each patient is permitted to visit no longer than five minutes if the patient has been in the PACU for 45 minutes, or at the nurse's discretion.
- For pediatric patients, once the child has been received and settled into the PACU, parents or guardian(s) are notified that they may come and remain at the bedside.
- Children under 14 years of age are restricted from visiting.

- To protect patient privacy, visitors must remain at the bedside. A curtain is drawn to provide privacy.
- Visitors may be asked to leave during procedures or when there is another admission from the operating room.

ADMISSION TO THE HOSPITAL

When overnight or an extended stay is necessary, before you are taken to your room from the recovery area. Your family may join you in your room once you're transferred.

As always, you remain a partner in your care and recovery. Please ask questions when you have them and provide feedback that will aid in your recovery and discharge home.

OUTPATIENT SURGERY

You will be given discharge instructions for self-care. Instructions include:

- wound care
- any activity restrictions
- diet
- a follow-up appointment plan
- any signs or symptoms to watch for and report
- an emergency contact number to reach your doctor

If you are given a prescription, you may fill it at your regular pharmacy. The nurse will discuss potential side effects or special dose instructions for all prescribed medications.

If you have stopped any medications prior to surgery, please discuss resuming these medications after surgery with your physician.

PAIN MANAGEMENT

The management of post-operative (after surgery) pain begins in the pre-operative period while you are preparing for your surgery. Various factors must be considered such as allergies, food interactions, herbal supplements, anxiety or fear of the surgical experience and anticipation of pain. A thorough history will include your current medication, pain assessment and education in the use of a pain scale. A pain scale is a measurement tool that the staff will use to assess your comfort level. A copy of this tool will be shown to you. This will provide a basis for your pain management plan. The more detailed and accurate the information, the more adequate pain relief you can expect.

There are various options for pain management which take into account the extent of your surgery, type of anesthesia, and your past medical history. A pain management plan will be designed specific to your needs.