



# Surgery Patient Guide

## EvergreenHealth Medical Center

Welcome and thank you for choosing OrthoWashington. Our physicians and staff are committed to helping you through your surgical experience.

Surgery Date:

Surgical Procedure you are scheduled for:

### Patient Checklist

Pre-Operative appointment with our PA:

No labs required.

Obtain required labs/testing before or after scheduled pre-op appointment at EvergreenHealth Medical Center.

The Preop Clinic located in EvergreenHealth Medical Center, Blue Zone, Floor 1, Room106

Hours: Monday - Friday 8:30 am to 4:30 pm

Please take the form **Preop Clinic Workup Orders** with you to the Preop clinic.

Must be completed no more than 30 days before your surgery.

Medical clearance from primary care physician.

Cardiac clearance from cardiologist.

Bridging orders for anti-coagulation clinic.

Bring list of medications, vitamins and supplements to your Pre-Op appointment.

Other:

### Office Contacts

Surgery scheduling or changes:      Surgery Scheduler    425-820-1221      [surgery@orthowashington.com](mailto:surgery@orthowashington.com)

Financial and insurance questions:    Billing Office            425-284-0660      [billing@orthowashington.com](mailto:billing@orthowashington.com)

# Pre-Operation Evaluation



A complete pre-operation evaluation is an important part of the surgical process. All surgical patients are scheduled to see one of our Physician's Assistant (PA) before surgery. During this visit the PA will go over the surgical process in detail, evaluate your physical health, sign the surgical consent, and answer any questions you may have. Please have all Pre-Op testing done *before* this appointment.

## Pre-Operative Testing, Labs

Pre-Operative testing and labs *may* be required, depending on your age, medical history, or type of surgery. It is best if you can complete these prior to your Pre-Op appointment. Please have these tests at EvergreenHealth Medical Center's Preop Clinic located in Zone Blue, first floor, Room 106. They are open Monday-Friday 8:30 am to 4:30 pm and do not require an appointment. For any questions please contact Surgical Pre-Admitting (SPA) department of EvergreenHealth Medical Center at 425-899-2706. This appointment will cover blood work (no fasting required), urine sample, and EKG, if applicable.

## Total Joint Class at EvergreenHealth Medical Center

Shawn Boice, RN from EvergreenHealth Medical Center will contact you regarding a Total Joint Class. If you provide your email, she will send you a link to you to watch the video at home. For any questions, call Shawn at 425-899-2996.

## Synergy Representative

Synergy provides post-surgical equipment. Patients having a total hip, a total or partial knee, will be contacted by a Synergy representative. The representative will set you up with the necessary post-surgical equipment such as a continuous passive motion (CPM) machine, DVT compression and ice machine, if applicable. If you have any questions or do not hear from a Synergy representative, please contact Andrew at 619-252-8330.

## Blood Donation

You may need a blood transfusion after surgery. If you would like to donate your own blood for use in case a transfusion is needed, you can do so in advance at Puget Sound Blood Bank Donation Center. You may contact PSBC at 800-266-4033 or their website is [www.psbcbank.org](http://www.psbcbank.org). Puget Sound Blood Center has several donation sites located in Western Washington. The website can assist you in locating the closest center. You will need to make two appointments one week apart. You can donate one unit of blood per appointment. Your blood donation must occur more than 30 days prior to your surgery date.

If you chose not to donate blood, you will still be able to receive a transfusion, if needed, from the blood bank.

## Surgery Check-in Time

You will be contacted by EvergreenHealth Medical Center 48 hours prior to your surgery with your surgery time, eating and drinking instructions, and what medications to take. If you do not hear from them, you may call them at 425-899-2717.

## Evergreen Anticoagulation Clinic

Some patients scheduled for total replacements may be put on anticoagulants post operatively for four weeks. Our PA or a hospital nurse will explain this to you when you receive your discharge instructions from the hospital after surgery.

## **MRSA Screening in Surgical Patients – Helping to Reduce the Risk of Surgical Site Infection**

Staphylococcus is a family of bacteria commonly found on the skin and other warm, moist areas of all people. There are many kinds of “staph” bacteria. The one that causes the most problems is called Staphylococcus aureus. You may have heard of the antibiotic resistant staph aureus called Methicillin Resistant Staphylococcus Aureus or MRSA.

- This germ is one of the leading causes of infection after surgery.
- Approximately 1 in 5 people have this germ in the mucous membranes of their nose where it usually causes no problems.
- Studies have shown that people who carry the bacteria in their nose are more than twice as likely to have wound infections after surgery.

### **MRSA Screening at your Surgery Scheduling Appointment**

Because we want to prevent our patients from getting an infection after surgery, we do a simple test on patients scheduled for elective surgery to see if they carry MRSA in their nose.

- Your surgeon’s MA or Pre-Operative Nurse will rub a “Q-tip” against the inside of your nose. It will tickle but will not hurt.
- The culture will take two days in the lab to grow any bacteria.
- Approximately one in three patients will have a positive culture.

If the culture is POSITIVE, your surgeon’s office will:

- Call you and prescribe an ointment called mupirocin or Bactroban.
- You will need to apply it to both nostrils twice a day for 5 days before surgery.
- If the time between culture results and the date of the surgery is less than 5 days, then you will have to continue using the ointment in your nose after surgery to complete 5 days of treatment.
- You will be asked if you used the mupirocin or Bactroban at the time you check-in for surgery. If you had a positive culture and did not use the mupirocin or Bactroban in your nose, you will be placed on special isolation precautions while in the hospital.

Thank you for doing your part to keep yourself and other patients safe from MRSA.