



# Surgical Services

Patient Handbook



HENRY FORD  
MACOMB HOSPITAL





# Welcome

Henry Ford Macomb Hospital's Surgical Services department partners with your surgeon to provide you with the highest quality of care. This brochure gives you important information you need to get ready for your surgery.

Please call your surgeon's office or our Surgical Services department at (586) 263-2120 if you have any questions before coming to the hospital.

## Before Your Surgery

Call your surgeon's office about any concerns or changes in your health condition before surgery, when they occur.

You **MUST** have a responsible adult come with you on the day of your surgery, even if you use transportation. You will **NOT** be allowed to drive yourself home. Your surgery may be cancelled if you do not have someone to go home with you.

No tobacco of any kind, alcohol or drug use for two days before your procedure. For help quitting tobacco, call:

- Henry Ford Tobacco Treatment Service 888-427-7587
- The Michigan Tobacco Line 1-800-QUIT-NOW





## Pre-Surgical Screening

A pre-surgical screening nurse will call you 5-10 days before your surgery to get your health history. The nurse will instruct you about your medicine during this phone call.

You will need to know:

- The names of all of your medicines.
- How much you take of each medicine.
- A list of allergies and what reaction you had.

You may be asked to come to a Henry Ford facility for testing.

You may be asked to come in for a pre-surgical screening visit. A pre-surgical screening staff member will call you to set up this visit. A staff member from the admitting department may call you to complete insurance information.

Instructions for eating and drinking before surgery will be provided by the pre-surgical screening nurses.

# Arrival Time Information

- You will receive a phone call the business day before your procedure (between 1 and 4 p.m.) with the time you should get to the hospital. If you haven't gotten this call by 4 p.m. please call (586) 263-2120, ext. 0.
- If you can't answer the phone for your arrival time, we will leave a voicemail with instructions.

## The Day of Surgery Preparation

- If you received a Safer Surgery Kit and book, follow all directions to lower your risk of infection.
- Bring photo ID and insurance card for check-in.
- Leave all valuables and belongings at home or with someone you trust. Henry Ford Health System is not responsible for your personal belongings.

On the day of surgery, please do not have/use any of the following:

- Body lotion
- Powders
- Creams
- Deodorant
- Jewelry/items in piercings
- Makeup
- Nail polish on hands or feet
- Hair extensions with metal clips including bobby pins
- False eyelashes
- Contact lenses
- Denture cream
- Do not eat candy, gum, mints or antacids such as Tums

You may brush your teeth the day of your procedure, but do not swallow any water or toothpaste.



## Nerve Block Anesthesia

Depending on your surgery, your anesthesiologist may recommend a “nerve block” for your operation. This is where medicine is injected near a group of nerves to lower pain in that area. This is also called “regional anesthesia,” and is similar to what you may have had with oral surgery at a dentist’s office.

Nerve blocks are usually started in the pre-surgery department. You may have weakness and decreased sensation for a few days after surgery.

Using nerve block technology, patients having certain surgeries can often sleep through surgery with milder sedatives and avoid deep levels of unconsciousness from general anesthesia. Nerve blocks can have longer-lasting pain relief to help with recovery.

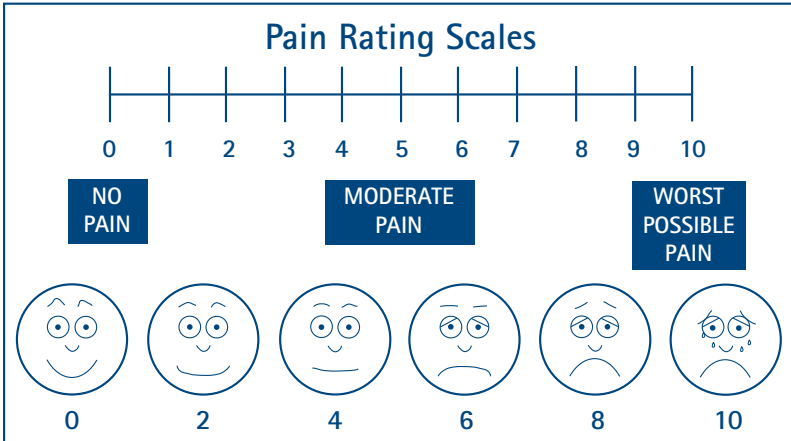


## After Surgery

- You will rest in our recovery room under the care of specially trained nurses and an anesthesiologist.
- If you are having outpatient surgery, visitors will not be allowed in the recovery room until it's time for you to leave.
- Your surgeon and the surgery center staff will give you written instructions for your care and will go over them with you and your caregiver. Please follow them carefully.
- You may be sleepy or dizzy after your surgery, even after spending time in recovery. You will not be discharged until it is safe to do so. You must have a responsible person drive you home and stay with you through the night.
- If you are staying overnight, you will be moved to a room after your recovery is complete.
- Our Lobby Pharmacy will deliver your medicine to you before discharge.
- The pharmacy is located in the Medical Pavilion connected to the hospital. For hours of operation, please call (586) 263-2677.

# Pain Management

You will be asked about your pain before and after your surgery. To help measure your pain, your nurse may ask you to rate your pain using a “pain intensity scale.” Zero means no pain and 10 means the worst pain you can imagine. You can also describe pain with words like none, mild, moderate, severe or worst possible.



## When You Get Home

You will finish your recovery at home. You may have small after-effects following anesthesia such as drowsiness, muscle aches, sore throat, occasional dizziness, headaches or nausea. These side effects will get better in the two days after surgery. Plan to take it easy for a few days until you feel that you are back to normal. If your pain is not under control or you have excessive bleeding, call your doctor or go to the Emergency Center.

Follow all discharge instructions. Call your doctor’s office with any concerns. Call for your follow-up visit with your doctor after you get home or the next day.

A nurse will call all patients who had “same day” surgery the day after discharge to check on your progress. If you have any questions, please write them down so you can discuss them with the nurse.



**NOTE:** Please check with the hospital for current visitor restrictions related to COVID-19 that may affect these instructions.

## **For Family and Friends**

Family and friends of patients in surgery should wait in the surgery waiting area, even if the patient has been assigned a hospital room.

Sign in at the information desk when you first arrive in the waiting area. We may ask for a cell phone number so that you may leave the area for a short time during surgery.

If you do leave the waiting area, please let the concierge know so that we may contact you if necessary.



**NOTE:** Please check with the hospital for current visitor restrictions related to COVID-19 that may affect these instructions.

## **General Guidelines**

- It is the patient's decision who can visit them.
- Children under the age of 16 are not allowed. Children age 16 and older must be with an adult.
- Henry Ford is a tobacco free campus. Smoking and other tobacco use are not allowed anywhere on the hospital property.
- Anyone who is ill, or who has symptoms such as coughing or fever, should not come to the hospital, and will not be allowed in the pre-and post-op areas.
- Do not walk around the pre- and post-op areas.
- No food or drink is allowed in the pre- and post-op areas.
- Cell phone use and photos are not allowed in the pre- and post-op areas.

### **Before Surgery (pre-op)**

Visitors are allowed in the pre-op area once the patient is fully ready for surgery. Only two family members can visit the pre-op area.

### **After Surgery (post-op)**

The surgeon will talk to family and friends in the waiting area about the surgery. Each patient's recovery time is different. Once the surgeon has spoken to family members, it could be up to two hours before the patient recovers. If it has been more than two hours since you spoke with the physician or a nurse, check in with the concierge.

*General Guidelines section continues on next page*



### **Outpatient and Endoscopy Patients**

- You **MUST** have a responsible adult come with you on the day of your surgery, even if you use a transportation system. You will **NOT** be allowed to drive yourself home. Your surgery may be cancelled if you do not have someone to go home with you.

### **Pediatric Patients**

- Parents/legal guardians will be brought back to the post-op area as soon as the patient is awake and comfortable.

### **Patients admitted the same day or those already in the hospital**

- Following the procedure and recovery, visitors will be contacted with the room number assigned to the patient. Visitors will not go to the post-op area, but instead will meet the patient in their room.

## For our Pediatric Patients

- Pediatric tours are available to learn more about what to expect for children 4 to 12 years of age. To schedule a tour, please call (586) 263-2124, Monday through Friday.
- Parents should bring clear liquids in a bottle to give their infant after surgery.
- Bring a small toy or blanket for your child for comfort.
- Patients younger than 18 years of age must have a parent or legal guardian with them to sign forms.
- A parent must stay with their child before and after surgery. One parent must be present in the surgery waiting room at all times.
- Please do not bring other children on the day of surgery.



## Directions

Henry Ford Macomb Hospital is located at 15855 19 Mile Road, Clinton Township, MI 48038. Parking is available at the **main entrance**. Enter via the Main Entrance and register with the Surgery Center staff. Valet service is available at the main entrance. See map on the back cover.

## Financial Assistance and Billing Questions

Henry Ford Macomb Hospital mails at least two separate bills to patients' homes after surgery.

- One bill covers the facility fee, and the other covers professional services.
- You may also receive bills for other services (i.e., lab work or x-rays) that were part of your care.

If you are uninsured or having financial difficulties that will make it difficult for you to pay, please let us know or contact our Customer Service department at 1-800-999-5829.



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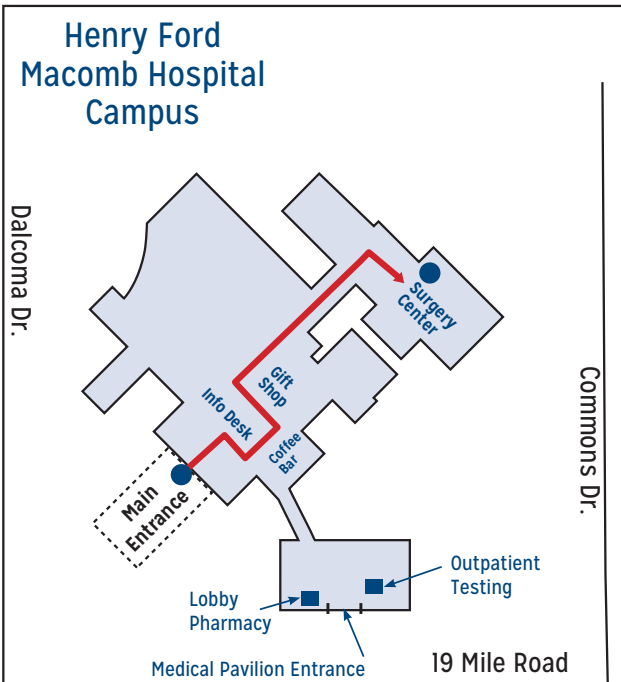
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**HENRY FORD  
MACOMB HOSPITAL**

**H** Henry Ford Macomb Hospital  
15855 19 Mile Road  
Clinton Township  
(586) 263-2300



- Enter through main entrance
- Surgery Center (586) 263-2120