Welcome
Henry Ford Macomb Hospital is pleased to welcome you to the Surgical Services Department. We work in partnership with your surgeon, and are committed to providing you with the highest quality of care, while ensuring that your entire surgical experience is superior. This brochure provides the important information needed to prepare for your surgery. Please be sure to call your surgeon’s office or our Surgical Services Department at (586) 263-2120 if you have any questions prior to coming to the hospital.

Confirming Your Surgery Time
Surgery times are subject to change. While we do everything possible to make sure your surgery starts on time, many factors influence surgery schedules. For example, emergency surgeries or emergency schedule changes by your surgeon may impact the planned timing. This is a challenge that all Surgical Services Departments face. Your surgeon’s office may have provided you with a timeframe for your surgery, but this time will not be confirmed until the day prior to surgery.

To provide you with the most accurate time for your surgery, we will call you between 2:30 and 5:30 p.m. the day before surgery to confirm your arrival time. If surgery is scheduled on the weekend or Monday, we will call you on Friday.
**Pre-Surgical Screening**

A pre-surgical screening nurse will call you within one to two weeks prior to your scheduled surgery to obtain a health history.

Please be familiar with all names and dosages of your current medications, as well as prior surgeries. Also, be able to provide a list of allergies (to food, medications, latex products, etc.) and what reaction you had when you were exposed to that particular allergen.

You may be asked to come to the Outpatient Testing Center, located in the Medical Pavilion (see map on back cover), for testing prior to your surgery. Outpatient Testing Center hours are: Monday-Friday, 6 a.m. to 7 p.m.; Saturday, 6 a.m. to 2:30 p.m. Phone: (586) 263-2506.

Your health history will be reviewed by an anesthesiologist. You may be asked to come in for a consultation, or Pre-Admission Testing visit. A pre-surgical screening staff member will call you to set up an appointment. An admitting department staff member will call you to complete insurance information.

Patients having total joint replacements are encouraged to attend a class designed to help create a successful and speedy recovery. You will be contacted with a date and time for this innovative program, which has helped hundreds of patients and their families.

**Before Your Surgery**

- The evening before surgery, **do not eat or drink after midnight** (this includes water, coffee, juice, chewing gum or mints). This is very important for your safety. Your surgery may be cancelled if you have anything to eat or drink. You may brush your teeth, but do not swallow any water.

- **Do not smoke or drink alcohol 24 hours before surgery.**
• Leave all valuables, including jewelry, money and credit cards at home. If you wear glasses, contacts or hearing aids, please bring a case.

• Please shower or bathe the evening before and the morning of surgery.

• Remove all jewelry, including any body piercing, prior to coming to the hospital.

• Please do not wear makeup or cologne.

• Wear loose, comfortable clothes.

• Notify your surgeon if you suspect that you could be pregnant.

• If you have Advanced Directives or a Legal Guardian Document, bring a copy with you on the day of surgery. Please make sure your paperwork is current.

• Bring a list of all current medications and dosages including supplements and vitamins.

• Notify your surgeon if you develop a cold, fever above 101˚ F or a rash.

• Bring your insurance card and a photo I.D.

• For outpatient surgery patients, one responsible person must come with you to the Surgery Center, stay the entire length of your visit, and drive you home. It is important that someone stay with you overnight following your surgery.

• Our nurses and your anesthesiologist will meet with you shortly after you register. Your family will be invited in to be with you before you go into surgery.
If your doctor has ordered crutches or crutch training for you, please call (586) 263-2481 to schedule an appointment with our Physical Therapy Department. This should be completed prior to your day of surgery.

Medication Instructions

- If you take heart, blood pressure, thyroid, breathing or seizure medications, take them the morning of surgery with a sip of water. You may take pain medications up until two hours prior to surgery.

- If you have asthma, use your inhalers, and/or breathing treatment the morning of surgery and BRING inhalers with you.

- **Diabetic patients:** Do not take your insulin or diabetes medication the morning of surgery but be sure to BRING insulin with you.

- If you take a blood thinner (i.e.: Coumadin), make sure your surgeon is aware. Follow doctor’s instructions regarding stopping medication prior to surgery.

- If you are taking aspirin, aspirin products, Motrin or an anti-inflammatory medication, make sure your surgeon is aware. Follow your physician’s instructions.

- Herbal supplements should be stopped two weeks before surgery.

- No over-the-counter medicines or street drugs should be used 24 hours prior to surgery.
Nerve Block Anesthesia

Depending on your type of surgery, your anesthesiologist may recommend a “nerve block” for your operation. The anesthesiologist injects medicine near a group of nerves so you no longer feel pain in that area. For example, the doctor can selectively numb an arm or leg, sometimes allowing patients to avoid general anesthesia. This approach is also called “regional anesthesia,” and is somewhat similar to what you may have experienced if you have had oral surgery at a dentist’s office.

Using the latest nerve block technology, patients undergoing surgery on their knee, shoulder, elbow, or hand can often sleep through their procedure with milder sedatives, thus avoiding the deep levels of unconsciousness from general anesthesia. While all types of anesthesia have become extremely safe, regional anesthesia can avoid complications often associated with elderly patients, or patients with significant medical issues.

Recent advancements with these procedures have resulted in much longer-lasting pain relief, which helps patients recover more quickly. In fact, for surgeries where a higher level of pain after the procedure is anticipated, the benefits of the nerve block can be continued for several days through a small catheter placed in the same injection area.

Nerve blocks are usually started in the pre-surgery area of the hospital, using ultrasound-guided technology in conjunction with moderate sedation. Patients can expect to have both decreased sensation and weakness up to a few days following these types of procedures.
**After Surgery**

- You will rest in our recovery room under the care of specially trained nurses and an anesthesiologist.

- For outpatient surgery patients, two family members will be allowed in the recovery room about an hour after your surgery. For those going to a hospital room, your family will join you in your room following surgery.

- Your surgeon and the surgery center staff will give you written instructions for your post-operative care. 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.

- For patients staying overnight: You will be transferred to a room your surgeon requests for you after your recovery is complete.
• Ask a staff member about our Lobby Pharmacy (see map on back cover), which is located in the Medical Pavilion connected to the hospital. In most cases, prescriptions can be ready for pick-up before you leave. Hours are 8 a.m. to 6 p.m., Monday through Friday.

Pain Management

Your pain will be assessed prior to and after your procedure. To help measure your discomfort, your nurse may ask you to rate your pain using a “pain intensity scale.” One easy method is to use the number scale and rate your pain from zero to 10. 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 complete your recovery at home. Patients often experience minor after-effects following anesthesia such as drowsiness, muscle aches, sore throat, occasional dizziness, headaches or nausea. These side effects will diminish one to two days following 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.

You should follow all discharge instructions. Call your doctor’s office with any additional concerns. Call for your follow-up doctor’s appointment soon after you arrive home or the next day.

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

**For Family and Friends**
Waiting for a family member or friend who is undergoing surgery can be a stressful time. We recognize the importance of family and friends in the care and healing process. We have created a system to help make sure we keep you informed every step of the way.

To provide you with appropriate updates, we need to be able to locate you as quickly as possible. For that reason, we have established two waiting areas, depending on whether surgery occurs in our first floor Surgery and Endoscopy Center or our second floor Surgery Center. Family and friends who are waiting for patients undergoing surgery, including those who are already assigned a hospital room, should wait in the designated area.

It is important that you sign in at the information desk when you first arrive in the waiting area. We may ask for a quick contact number (cell phone) so that you may leave the area for a short time during your loved one’s surgery.

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

Coffee and tea are available in the Surgical Waiting Areas. As an alternative, please enjoy the following areas.
Coffee Shop
The Coffee Shop is located in the lobby near the Main Entrance and serves a variety of hot and cold beverages, cold sandwiches, pastries and snacks.

Hours of Operation
Monday through Friday .................................................. 7 a.m. - 8 p.m.
Saturday and Sunday ....................................................... 7 a.m. - 3 p.m.

Cafeteria
The cafeteria is located on the 2nd floor of the hospital. Take the front elevators across from the gift shop to the second floor. Turn right when exiting the elevator.

Hours of Operation
Hot breakfast ..................................................................... 6:30 a.m. - 10 a.m.
Continental breakfast ......................................................... 10 a.m. - 10:30 a.m.
CLOSED ............................................................................. 10:30 a.m. - 11 a.m.
Lunch .................................................................................. 11 a.m. - 2 p.m.
Lite fare ................................................................................ 3 p.m. - 4:30 p.m.
Dinner .................................................................................. 4:30 p.m. - 6:30 p.m.

General Guidelines
• It is ultimately the patient’s decision who visits them or if they want to have visitors at all

• Children under the age of 12 are not permitted. Children age 12 and older must be accompanied by an adult.

• Henry Ford Macomb Hospital is a tobacco free campus. Not smoking is allowed anywhere on the hospital property.

• Anyone who is ill, or who has symptoms of illness such as coughing or fever should not accompany the patient to the hospital, if possible, and will not be permitted in the pre-and post-op areas.
• While in the pre-op and post-op areas, we ask that you respect the privacy of your family member and the patients around you by keeping conversations quiet and private and visiting only at your family’s bedside. We ask that you not walk around the area and no food or drink is allowed.

• Cell phone use and photos also are prohibited in the pre-op and post-op areas. Cell phones may be used in the Surgical Waiting Areas only.

**Before Surgery (Pre-op)**
Visitors are permitted in the pre-op areas once the patient is fully prepped for surgery. We ask that only two designated family members visit Pre-Op Holding. Please do not bring food into this area; all of our patients have been fasting before surgery and having these items in the area may make them uncomfortable.

No cell phone usage or photos are permitted in Pre-Op Holding.

Patient care is our top priority. With that in mind, there may be times or situations when a visitor is asked to leave the room or prematurely end their visit. At that time, we will direct you back to the surgical waiting area.

**Following Surgery (post-op)**
Following surgery, the surgeon will greet you in the waiting area to discuss the surgery. This is a great time to ask any questions you may have. Having questions in writing will help you get the information you need.

Keep in mind that each patient’s recovery time is different. Once the physician 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 to find out the recovery status of the patient.
• Outpatients and endoscopy patients: Up to two designated visitors may go back to the post-op once the patient has recovered and is ready for discharge. At least one designated adult – but no more than two – must be present when the patient is ready for discharge so that they can receive instructions.

• 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 as the surgery or those who are 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.

**The Status Board**
Each patient is assigned a number when they check in for surgery. A staff member will write your loved one’s number in this box for easy reference.

Using the number, you can review the status board in the surgical waiting room to check on the location of your family member. Please note: The time of entry in to each unit (pre-op, procedure or PACU) is approximate. If you have a question, please feel free to ask the concierge.
For our Pediatric Patients

• Pediatric tours are available. We recommend this educational opportunity for children 4 to 12 years of age. To schedule an appointment, please call (586) 263-2770, Monday through Friday.

• Parents should bring clear liquid/bottle to give their infant after surgery.

• Bring a small toy or blanket for your child if this will be of 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 while your child is apart from you.

• Please do not bring other children on the day of surgery.
Instructions for eating and drinking prior to surgery:

- **Newborns** through children less than two years old should be awakened between 2 and 3 a.m. and given a clear liquid feeding, then nothing by mouth after 3 a.m. If the surgery is scheduled after 11 a.m., give a clear liquid feeding between 3 and 5 a.m., then nothing by mouth after 6 a.m.

- **Two- to five-year-olds** may have clear liquids until 3 a.m., then nothing by mouth after 3 a.m. If surgery is scheduled after 11 a.m., clear liquids can be given until 5 a.m. Nothing by mouth after 5 a.m.

- **Children older than five years** may have nothing by mouth after midnight. If surgery is scheduled after 11 a.m., take clear liquids until 5 a.m. Nothing by mouth after 5 a.m.

**Directions**

*To reach the Surgery Center*

You will be registered for surgery in our Surgery Center. To reach the center, take Commons Drive, off 19 Mile Road, to Healthier Way, and turn left. Designated parking is located near the Surgery Center. Enter via the **North Entrance** and register with Surgery Center staff. Valet service is available for your convenience at the Main entrance. If your surgery is scheduled during the weekend, you will need to go to the second floor surgery waiting area.

*Weekend Directions*

- Park in the Surgery Center parking area.

- Enter via the North Entrance. There is a wall phone on the left wall, outside the Surgery Center for your use. For further directions or assistance, proceed down the hallway, past radiology to the first hallway on your left.

- Turn left and take the elevators to the second floor.
• Turn right upon exiting the elevator.

• Turn left at the hallway, and proceed to the surgery waiting area on the left side of the hallway.

• A surgical associate will come to meet you there or you can pick up the phone and dial 2385 to tell staff you have arrived.

**To reach Outpatient Testing Center**

• Those who require pre-operative testing will enjoy the ease of our Outpatient Testing Center, located in the Medical Pavilion connected to the hospital. The Medical Pavilion entrance faces 19 Mile Road (see map on back). Phone: (586) 263-2506

**Financial Assistance and Billing Questions**

Henry Ford Macomb Hospital mails at least two separate bills to patients’ homes following surgery. One bill covers the facility fee, and the other covers professional services. You may also receive additional bills for other services (i.e., lab work or x-rays) required as part of your care.

If you are uninsured or if you are experiencing financial difficulties that will make it difficult for you to pay, our Henry Ford Macomb Hospital Financial Support Program can help. Medically necessary services may be discounted for financially eligible patients.

For more information on the Henry Ford Macomb Hospital Financial Support Program or questions regarding your bill, please contact our Customer Service Department at (586) 466-9800.
Thank You

We want to thank you for allowing us the privilege of taking care of you during your surgery. Our caring thoughts and warm wishes will be with you during your recovery and beyond.

The staff of the Surgery Center try to make your visit to our area as pleasant as possible. If you feel that, for any reason, you or your family are not receiving superior service, please talk with your nurse or ask to speak with a manager immediately. Our goal is to provide superior service, and your feedback helps us ensure an exceptional experience for every patient and family member.
To reach the North Entrance, use Commons Drive off of 19 Mile Road

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

Surgery Center
(586) 263-2120