



PRE-ADMISSION TESTING LOCATION

- Crystal Clinic Surgery Center: 3975 Embassy Pkwy, 2nd floor. Akron, OH 44333
- St Thomas Hospital: 444 N Main St, Akron, OH 44310

DATE OF PRE-ADMISSION TESTING _____

SURGERY LOCATION

- Crystal Clinic Surgery Center: 3975 Embassy Pkwy, 2nd floor. Akron, OH 44333
- St Thomas Hospital: 444 N Main St, Akron, OH 44310

DATE OF SURGERY _____

TIME OF SURGERY– You will receive a call 1-2 business days prior to your surgery to confirm the time of arrival.

POST-OPERATIVE LOCATION

- Summit Hand Center: 3925 Embassy Pkwy, Suite 200. Akron, OH 44333 (330)668-4055
 - Dr Rafal Stachowicz, MD
 - Emily DiBartolomeo, PA-C

- Summit Hand Center, 1622 E. Turkeyfoot Rd., Akron, OH 44312 (330)644-7436

DATE OF POST-OPERATIVE APPOINTMENT _____

PRE-OP INSTRUCTIONS

Do not eat/drink anything after midnight the night before the surgery. No water, gum, breath mints, or coffee day of surgery.

You will need a driver for the day.

Please stop all Aspirin and anti-inflammatories such as Ibuprofen, Advil, Aleve and Naprosyn **5 days** before surgery. You can take Tylenol during this time period. Also, please no vitamins or herbal supplements **5 days** before surgery.

If you are taking anticoagulants such as Coumadin, Warfarin, Heparin or Plavix, you must contact your prescribing physician for instructions regarding these medications as these normally need to be stopped **5 to 7 days** prior to surgery.

The preop nurse will go over any medications you are on and tell you how to handle them day of surgery, including blood pressure medications.

No dental work, including cleanings, gastrointestinal or urinary procedures 4 weeks following this procedure; wait 6 weeks if hardware is involved in the procedure.

If you get any cuts, scratches, burns, bites or rashes on the operative hand, please let the doctor know.

If you go on antibiotics, please let the doctor know.

ANESTHETIC:

_____ Local/MAC _____ Supraclavicular Block _____ General

INSURANCE:

We will contact your insurance company to verify that you have active insurance and if pre-authorization is necessary. If pre-authorization is necessary, we will take care of that.

IMPORTANT NUMBERS:

Summit Hand Center: (330)668-4055

Mikki, secretary to Dr. Stachowicz: (330)670-4277

Medical Desk: (330)668-4055 x24152 (Please call this number for any medical questions, problems, concerns or prescription refills)

Workers' Comp: (330)668-4055 x24166 or x24192

Disability/FMLA Forms:(330)668-4055 x24167

Billing Inquiries: 1-800-818-0886

Before surgery, **you can play an important role in your own health.**



Preparing your skin before surgery can reduce the risk of a surgical site infection. You will be provided with a **special soap called chlorhexidine gluconate* (CHG).**

***Not to be used by people allergic to Chlorhexidine Gluconate (CHG).**

- ***Do not take a tub bath with CHG solution.***
- ***Do not shave the area of your body where your surgery will be performed unless you received specific permission from your physician.***

The night before your surgery follow these instructions:

1. Using a clean wash cloth, **shower** with warm water and regular soap. Wash your hair as usual with your normal shampoo. Rinse your body and hair thoroughly to remove the soap/shampoo.
2. With a clean wet washcloth apply the CHG soap solution; turn water off to prevent rinsing the CHG soap off too soon. **Do not use CHG soap solution near your groin, eyes, ears, or mouth.**
3. **Lather your entire body from the neck down.** Wash thoroughly, paying special attention to the area where your surgery will be performed. Avoid scrubbing your skin too hard.
4. Wash your body gently for about five (5) minutes. Turn the water back on and rinse your body thoroughly.
5. Pat yourself dry with a clean, soft towel. Do not apply lotion, cream or powder. Dress with freshly washed clothes.
6. At bedtime, place clean sheets on your bed and wear clean pajamas.

The Day of Surgery - CHG wipe and Iodine Nasal Swab

Wear clean clothes the day of surgery and do not apply lotions, creams, or powders.

1. Your surgical site will be cleansed with a CHG wipe by the preoperative nurse.
2. Your nose may be swabbed with an iodine nasal swab by the preoperative nurse. The nasal swab will help to lower the bacterial count of infections which may be harbored in the nasal passages. Please turn over for more information about the iodine based nasal swab.

Contact your physician if you have any questions.

See Other Side

3M™ Skin and Nasal Antiseptic
(Povidone-Iodine Solution 5% w/w
(0.5% available iodine) USP)
Preoperative Skin Preparation



Patient Information Sheet

Why is this product being applied to my nose when my surgery is on a different part of my body?

Thirty percent of all people have a staph bacteria in their nose called *Staphylococcus aureus* (referred to as “staph” or “staph aureus”). This increases the chance of an infection after surgery. Common antibiotics will not get rid of the infection.

To reduce the risk of infection, we apply the **3M™ Skin and Nasal Antiseptic** to your nose before surgery. This kills 99.5% of *Staphylococcus aureus* in the nose and overall bacterial reduction is 99.2%.

What can I expect when the product is applied?

You may notice a slight smell or taste during the application. This won't last long. The swab fits comfortably in the nose and the thick formula makes the application easy.

In order to work, the antiseptic must stay in your nose. Do not blow your nose or wipe inside the nostrils.

If your nose drips during the application, it can be easily wiped with a tissue. It will not stain your skin.

In clinical studies, 96% of people using the product rated the process acceptable or very acceptable.

What happens to the prep after surgery?

The prep should be left in the nose until it clears up by itself. It's normal to see some of the brown iodine on your tissue if you need to wipe your nose.

What if I'm allergic to iodine?

It's very important to discuss your allergies and any sensitivity to iodine with your healthcare provider.

If you have any additional questions, please ask your healthcare provider.

This handout is intended to provide general educational material to assist you in making informed decisions regarding your medical care. Specific questions about your unique medical conditions should be referred to your primary care physician.

Prevention of Surgical Site Infections (SSI)

What can I do to prevent a Surgical Site Infection (SSI)?

Before your surgery:

- Tell your doctor about any medical problems you may have, including recent dental infections.
- Tell your doctor about any skin abrasions, rashes, or breaks in your skin.
- Talk to your doctor about how you can quit smoking before your surgery. **Patients who smoke get more infections.**

What can I do to prepare for surgery?

You can reduce the number of germs on your skin by carefully washing before your surgery.

Ask your physician if a special soap or wipe is recommended for your specific surgery.



What puts me at risk of having a SSI?

Disease: Diseases, such as diabetes, cancer, liver, kidney, or lung conditions may slow the healing process.

Poor blood or oxygen supply: Blood flow may be affected by high blood pressure, and blocked or narrowed blood vessels. This may be a common problem in people who smoke, or have blood vessel problems or heart.

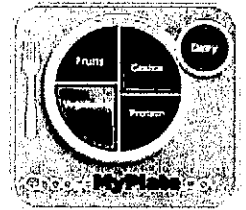
Weak immune system: The immune system is the part of the body that **fight**s infection. This may be weakened by radiation, poor nutrition, and certain medicines, such as anti-cancer medicines or steroids.

What can I do after surgery to prevent infection?

Control or treat the medical conditions that cause poor wound healing. You may need to regularly take medicines to **control disease such as diabetes** or high blood pressure.

Good nutrition is necessary for healing. During the healing process, the body needs increased amounts of calories, protein, vitamins A and C, and sometimes the mineral zinc. Eat a variety of foods to get all the calories, proteins, vitamins, and minerals you need.

If you are not eating well, eat 5 or 6 small meals a day. Instead of trying to eat three big meals a day, try eating smaller meals and snacks



between meals to get enough nutrients. Make snacks nutritious. Examples of snacks: cheese and crackers, glass of milk, cottage cheese and fruit, ½ small sandwich, milkshake, peanut butter on cracker or celery, fruit or fruit juices. Some foods that taste good during recovery are not very nutritious.

Stay safely hydrated. Drink about 6-8 cups or more of water daily.

Keep your skin/body clean. Follow wound care instructions from your physician. Until the incision is totally healed, shower using a clean wash cloth/towel; dress with freshly washed clothes; change bed linens often.

Clean your hands before and after caring for your incision, after touching pets, after touching body fluids, after touching wound dressings, or after touching anything that is dirty.

