AFTER SURGERY

- You may have tight stockings on your legs and pumps on your feet. This will help to reduce the risk of blood clots while you are lying in bed. The more you are able to walk, the faster you will be able to recover normally.

- All healthcare professionals, lab, nursing, x-ray, housekeeping and physicians need to use hand hygiene before treating you. It is OK to ask if they forget. Remind your family and visitors to wash their hands also.

- If your surgical bandage becomes dirty or the blood leaks through, notify your nurse so it can be changed or reinforced with a clean one.

- Many patients will have a tube or catheter in their bladder to help drain the bladder while in surgery. Ask your surgeon when the catheter can be removed. Each day the catheter is in your bladder, there is increased risk of infection. After surgery and when allowed, drink plenty of fluids. This will help flush your bladder and prevent infections.

AFTER DISCHARGE FROM THE HOSPITAL

- Make sure you receive discharge instructions from your physician.

- Bathe/shower daily when the physician has instructed it is okay to do so.

- Follow instructions carefully for bandage change and keep surgical site clean and dry.

- Wear clean clothes over your surgical site to prevent contaminating the fresh surgical site.

- Call your surgeon for any signs of infection including fever (100.6 or more), drainage or bleeding from the site, new redness, swelling or heat at surgical site.

If you are concerned about any patient safety issues, please contact us at any time 806-212-3456.

“Please, would you wash your hands?”

HealthGrades, the nation’s premier company for rating hospitals, named BSA one of the safest hospitals in the nation for the 3rd year in a row.
Most patients who have surgery do well. But sometimes patients get infections. This happens to about 3 out of 100 patients who have surgery. Many times, the infections are started from the patient’s own skin organisms. Infections after surgery can lead to other problems. Sometimes, patients have to stay longer in the hospital. Rarely, patients die from infections. Patients and their family members can help lower the risk of infections after surgery. Here are some ways:

**Days Or Weeks Before Surgery:**

**MEET WITH YOUR SURGEON**

- Bring an up-to-date list of all medication you take and talk about why you take each medication. Make sure to include any over-the-counter medications, vitamins or herbs.
- Let the surgeon know if you are allergic to any medication and what happens when you take it.
- If you have had previous surgeries before and had complications, inform your surgeon of the situation.
- Tell your surgeon if you have diabetes, high blood pressure, heart disease or other medical conditions.

**The Day Or Night Before Surgery:**

**TAKE EXTRA GOOD CARE OF YOUR BODY**

- Do not shave the day or night before surgery. Shaving can irritate your skin and open your body to infection and the risk of a surgical site infection.
- Take a bath/shower with the solution provided to you at Pre-admit or with regular antibacterial soap. Do this the night before and the morning of your surgery. This will decrease the amount of bacteria on your skin.
- Keep warm. This means wearing warm clothes or wrapping up in blankets when you go to the hospital. In cold weather, it also means heating up the car before you go to the hospital. Keeping warm before surgery lowers your chance of getting an infection and promotes better blood flow to your surgical area.
- If you take a heart medicine, take it the day of surgery before you come (if instructed by your surgeon.)

- Tell the anesthesiologist (doctor or nurse who puts you to sleep for surgery) about all the medications and over-the-counter medications you take and any problems with previous surgical procedures or anesthesia.
- Tell the anesthesiologist if you have diabetes, high blood pressure, or heart conditions. People with diabetes have a greater chance of getting infections after surgery.
- The hospital staff will have you involved in the preparation for surgery. They will ask your name, the kind of surgery you are having and the site of your surgery (left or right). The surgeon will mark the surgical site and initial it for your safety. This identification procedure may be asked several times to make sure the correct operation and the correct site are obtained.
- Speak up if someone tries to shave you before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns. (The surgery staff may use electric clippers to clip the hair. Razors are not acceptable.)
- Ask for blankets or other ways to stay warm while you wait for surgery. Find out how you will be kept warm during and after surgery. Ask for extra blankets if you feel cold.
- Ask if you will receive antibiotic medication. If so, find out how often you will receive it after surgery. Most people are on antibiotics for one dose before surgery or for one day after surgery. Too much antibiotic can lead to other problems.