



# HonorExpertise

PREPARING  
FOR  
SURGERY

HONORHEALTH®

HONORHEALTH®

# Precertification and registration

## Your personal surgery information:

YOUR SURGEON'S NAME

YOUR PHYSICIAN'S NAME

YOU ARE SCHEDULED FOR THIS SURGERY

ON THIS DATE

### Call your health insurance company. Get precertified if it is required.

Most insurance companies require precertification or preauthorization. It's your responsibility to find out if your insurance requires precertification or a second opinion. Call your surgeon's office to get the information you need for precertification. **Please note:** If we do not have your precertification information, your surgery may be delayed or canceled.

Find out if your surgeon, your anesthesiologist and your specific surgery are in-network or out-of-network. Insurance coverage varies. Find out if these services are covered by your insurance company, and if it is full or partial coverage.

### Preregistration and preadmission testing

After your surgery is scheduled, you may receive a call from HonorHealth to arrange preadmission testing and begin the registration process. Other hospital departments may also call.

### Preregistration and payment

HonorHealth staff will attempt to contact you before your surgery date to verify your insurance information. You'll be informed if you have a deductible, co-payment or co-insurance to pay. You may pay at that time or on the day of surgery. Note that you may also receive bills directly from your surgeon, anesthesiologist and other members of your care team. Contact their offices directly to understand your financial obligations prior to surgery.

### Pre-surgery testing

A registered nurse will call you to discuss your surgery and your health. The nurse also will go over detailed instructions you must follow to prepare for surgery. The pre-surgery instructions you receive are unique to your specific surgery, your surgeon and your anesthesiologist. You must complete all medical tests before surgery. Please be ready to give the nurse a list of all the medications you take.

**HONORHEALTH**<sup>®</sup>

HonorHealth.com

Together, we can make quality care more personal and accessible.

Learn more at [HonorHealth.com](https://www.honorhealth.com).



Contents of this brochure, such as text, graphics, images and other material contained in this brochure ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure!

If you think you may have a medical emergency, call your doctor or 911 immediately. HonorHealth does not recommend or endorse any specific tests, physicians, products, procedures, opinions or other information that may be mentioned in the brochure. Reliance on any information provided by HonorHealth is solely at your own risk.

HonorHealth was formed by a merger between Scottsdale Healthcare and John C. Lincoln Health Network. HonorHealth's mission is to improve the health and well-being of those we serve. The healthcare system encompasses:

### Six acute-care hospitals:

- HonorHealth Deer Valley Medical Center
- HonorHealth John C. Lincoln Medical Center
- HonorHealth Scottsdale Osborn Medical Center
- HonorHealth Scottsdale Shea Medical Center
- HonorHealth Scottsdale Thompson Peak Medical Center
- HonorHealth Sonoran Crossing Medical Center

### Specialized patient care:

- Breast Health and Research Center
- Greenbaum Specialty Surgical Hospital
- HonorHealth Medical Group
- Piper Surgery Center
- Research Institute
- Sonoran Health and Emergency Center
- Virginia G. Piper Cancer Center
- Virginia G. Piper Pediatric Center of Excellence - Children's Emergency Center
- Extensive specialty care physician practices, outpatient treatment and surgery centers, medical imaging and much more

### Foundation and community services:

- Adult Day Health Care
- Desert Mission Food Bank
- Desert Mission Neighborhood Renewal Program
- HonorHealth Foundation
- Lincoln Learning Center
- Neighborhood Outreach and Access to Health

- You may have an IV.
- Most patients feel uncomfortable after surgery. Your doctor will order pain medication for you. Tell your nurse when you want pain medication. Do not wait for the pain to be severe before asking.
- Your physician decides when you can start to eat and drink. Before you eat solid food, you'll be asked to try sips of water.
- Your digestive system is slow after surgery. You can help it recover by turning often in the bed and by walking. Passing gas is a sign that your digestion is returning to normal.
- We expect most patients to get out of bed and walk the night of surgery. Walking is good for your circulation and normal body functions. Follow your doctor's or nurse's instructions.
- Once you're in your room, you may have visitors.

### Visiting hours

Visitors are welcome at all hours.

### Going home

Your physician decides when you're ready to go home. A nurse will review your surgeon's discharge instructions and how to care for your wound with you. Medications taken during your stay can make it hard to remember all the instructions. Arrange for an adult to stay with you for the first 24 hours after surgery. If you spend the night in the hospital, we will call you later at home to answer any questions you may have. You can also call the **Help Line 1-833-HH-HELPS (833-444-3577)** with any questions. Nurses who can help with any issues or concerns you may have are available on Help Line 24 hours a day.

### Recovery at home

Anesthesia used during surgery makes all patients at risk for falling. At home, please make sure all electrical cords and rugs are removed from your walking path. Make sure you have someone to help you when bathing. You can expect to feel some pain after your surgery. Take pain medication and follow any discharge instructions as directed by your physician. If you have questions about your surgery or treatment, please contact your surgeon or physician.

### Patient billing and financial services questions

If you have questions about billing or financial services, please call:

**623-580-5800**

### Additional info:

#### Disability forms

If you have disability forms for the doctor to complete, please fill them out as much as possible and drop them off at your surgeon's office.

#### Smoking policy

HonorHealth is a smoke-free campus. Smoking and chewing tobacco are not allowed; this includes electronic cigarettes.

**If you have any questions, please call your surgeon's office.**

**Thank you for the opportunity to take care of you.**

### In-person registration and testing

Expect a call from a pre-assessment nurse before your surgery day. Together, you will review your medical history, the names and doses of your medications, and any allergies you may have. The nurse will also have personalized instructions for you about getting ready for your surgery.

If labs or tests, such as an EKG, are required before surgery, you can go to any HonorHealth hospital without an appointment. Simply take your surgeon's order to the Admitting Department. If the lab places a yellow bracelet on your wrist, please leave it on until surgery.

### Preadmission nurse telephone numbers

HonorHealth John C. Lincoln Medical Center	<b>602-870-6315</b>
HonorHealth Deer Valley Medical Center	<b>623-683-2300</b>
HonorHealth Scottsdale Shea Medical Center	<b>480-323-3210</b>
HonorHealth Piper Surgery Center	<b>480-323-3964</b>
HonorHealth Scottsdale Osborn Medical Center	<b>480-583-0280</b>
HonorHealth Greenbaum Specialty Surgical Hospital	<b>480-882-6879</b>
HonorHealth Scottsdale Thompson Peak Medical Center	<b>480-324-7064</b>

### Preadmission department fax numbers

If your blood tests or EKG are performed elsewhere, please fax your results to the Preadmission department before your surgery. Please use the appropriate fax number below:

HonorHealth John C. Lincoln Medical Center	<b>602-870-6090</b>
HonorHealth Deer Valley Medical Center	<b>623-879-5821</b>
HonorHealth Scottsdale Shea Medical Center	<b>480-323-3287</b>
HonorHealth Piper Surgery Center	<b>480-323-3946</b>
HonorHealth Scottsdale Osborn Medical Center	<b>480-882-6885</b>
HonorHealth Greenbaum Specialty Surgical Hospital	<b>480-882-6885</b>
HonorHealth Scottsdale Thompson Peak Medical Center	<b>480-882-5836</b>

### Cancellations

Your surgery may be canceled if you do not follow your physician's orders or the guidelines in this booklet.

If you must cancel your surgery for any reason, call your surgeon and the hospital immediately.

### Schedule changes

Surgery starting times sometimes change. HonorHealth apologizes for any inconvenience. The physician's office will keep you informed about any schedule changes.

### When to contact your physician

Contact your physician immediately:

- If you develop a cold, fever or respiratory infection before surgery.
- If there is a change in the condition for which you are having surgery.
- If you have any questions about your condition.

# Getting ready

## Arrange for transportation

Medications can make you drowsy, lightheaded, dizzy or nauseated. For your safety, please arrange to have a responsible adult come with you to the hospital and wait for you in the visitors lounge.

Minor children having outpatient surgery must be with a parent or legal guardian. The parent or guardian must stay at our facility while the minor is in HonorHealth's care. Please arrange for someone else to drive you home so you can take care of the child.

You may take a cab home if a responsible adult is going with you.

A minor child cannot be the responsible adult to drive you home.

For maps of HonorHealth surgery locations, please visit [honorhealth.com](http://honorhealth.com), click on Locations and then click on Hospital.

## Starting two weeks before surgery

Stop taking any aspirin or aspirin-like products unless your doctor tells you to take them. These include Bufferin, Bayer, Excedrin, Ibuprofen, Motrin, Aleve or Advil. Stop taking all over-the-counter vitamins, herbs and supplements.

## Find out which medications are ok to take before surgery

If you take prescription medication, ask your doctor what you should take the night before, and the day of, your surgery. Please take only these medications with one tablespoon of water or less.

## Starting eight hours before surgery

Do not smoke, eat or drink anything, including chewing gum, mints and water unless your physician gives you different instructions.

## The night before, or the morning of, your surgery

Take a bath or shower with antibacterial soap, brush your teeth, and useantiseptic mouthwash. Do not swallow it. Do not use powders, colognes, body lotion or makeup.

Pack your toothbrush, toothpaste and other personal grooming items. Bring a storage container for dentures. For the trip home, bring loose, comfortable clothing that does not need to be pulled over your head.

## Have a pal

It's a good idea to ask a friend or family member to speak for you while you're in the hospital. This person can be more involved in your care and can stay with you until you're ready to go home.



## Waiting area for family and friends

Ask your surgeon for the approximate time and place your family will meet with him or her after surgery. If your family needs to leave the waiting area, they should tell the host so they can be located quickly.

# At the hospital

## The preoperative area

To get ready for surgery you'll change clothes and put on a hospital gown and cap. You'll wear these during surgery and recovery. Your nurse may start an IV.

Females between the ages of 10 to 55 will have a urine test for pregnancy.

The anesthesiologist will talk with you in the preoperative area. Your surgeon also will stop by to answer any last-minute questions.

## Operating room

Specially trained operating room nurses and healthcare professionals will be with you the entire time.

## Post-anesthesia care

After surgery, you'll go to the post-anesthesia care unit. It's also called the recovery room. Depending on your surgery and the type of anesthesia, you can expect to be there from 30 minutes to two hours. You'll be asked to take deep breaths to expand your lungs and prevent pneumonia. Pain or discomfort is common after surgery. Please let your nurses know so they can help you.

If you stay in the recovery room for more than two hours, HonorHealth staff will do everything possible to make arrangements for your family to visit.

## After post-anesthesia care

If your surgery is in one of our outpatient surgery centers, you'll be discharged to go home or moved to a hospital room for an overnight stay, depending on your condition. Two of our outpatient surgery centers, HonorHealth Greenbaum Specialty Surgical Hospital and HonorHealth Piper Surgery Center, have fully accredited overnight stay units with private rooms.

If you need to stay in the hospital longer than overnight, please know:

- You may sleep for several hours.
- You'll be asked often to breathe deeply to prevent pneumonia. Staff will check your blood pressure and vital signs often.

# The day of your surgery

## Have a pal

It's a good idea to ask a friend or family member to speak for you while you're in the hospital. This person can be more involved in your care and can stay with you until you're ready to go home.

## What to wear

Wear loose fitting clothes and flat shoes. If you are having breast surgery, please bring a sports bra. If you are having surgery on your shoulders, arms, chest or head, wear a shirt that buttons down in the front. During surgery you will wear a hospital patient gown.

## Adults

Please arrive **two hours** before the scheduled surgery time unless your physician gave you other instructions.

## Minors

Children age 12 and younger may arrive **90 minutes** before the scheduled surgery time, or as instructed by your physician. Minors must be with a parent or legal guardian. The parent or legal guardian must stay at the facility while the minor is in HonorHealth's care.

## Bring power of attorney or guardianship papers

These papers are required for adults who cannot sign their own registration forms or minors who are with someone who is not a custodial parent. The person named as power of attorney must be present to sign all papers.

## Please bring all insurance cards, a photo ID and your payment method

These are needed for registration and to pay all hospital-related deductibles and co-pays before surgery. After registration, give these items to the family member or friend accompanying you.

**Self-pay patients or patients without an insurance precertification number** must pay all estimated surgery and overnight stay fees at the time of registration. We accept cash, cashier's check, MasterCard, Visa, American Express and Discover cards.

## Be prepared

- Bring a list of all your medications. Include the dose and how often you take each drug. **Include all allergies.**
- Leave all jewelry and valuables at home. Do not wear jewelry. Remove all body piercings. Leave computers, cell phones and other electronic devices at home or with a family member or friend.
- Remove contact lenses.
- Do not wear makeup.
- Please arrive on time.

## Medication Instructions

We may instruct you to take certain medications on the day before your procedure. Take them with a sip of water.

If you take any of the medications below, please follow the instructions to avoid delay or cancellation of your surgery.

- **Blood pressure medications.** If you take blood pressure medication, you may need to stop taking it before your scheduled surgery. Please read the following page called High Blood Pressure (Hypertension) Medications.
- **Blood thinners.** If you take a blood thinner such as Aspirin, Coumadin®, Heparin®, Xarelto®, Eliquis®, Pradaxa®, or Plavix®, please ask your surgeon and the doctor who prescribes it if you should stop taking it before surgery.
- **Hormones.** If you take a hormone such as Estrogen or Testosterone, please ask your surgeon and the doctor who prescribes it if you should stop taking it before surgery.
- **Diabetes injected medications.** If you inject medication for diabetes, please skip your dose the morning of surgery. Also, ask the doctor who prescribes it if you need to adjust your dose before surgery.
- **Diabetes pills.** If you take oral diabetes medications. Please skip your dose the morning of surgery.
- **Vitamins, supplements, or herbal medications.** If you take vitamins, supplements, or herbal medications stop taking them starting **2 weeks** before surgery, unless otherwise instructed by your surgeon.
- **Diet pills or weight loss pills.** If you take diet pills or weight-loss pills, stop taking them starting **2 weeks** before surgery.
- **Over-the-counter pain medications.** If you take over-the-counter pain medication such as Motrin®, Advil® or Aleve®, stop taking it **1 week** before surgery. Exception: Tylenol® (acetaminophen). It is okay to continue taking Tylenol® (acetaminophen).
- **Opioid dependence medications.** If you take Opioid (narcotic) dependence medications such as Suboxone® (Buprenorphine/naloxone), this needs to be tapered before surgery. Do not stop taking it abruptly. Call your prescribing physician for instructions on how to do this safely.

## Medications to bring:

- Bring a list of all of your medications, vitamins, herbals and supplements. Include the dose and how often you take each drug. **Include all allergies.**
- Do not bring your daily medication. We provide your usual medications during your stay.
- If you use a rescue inhaler, please bring it with you.
- If you use an insulin pump, leave this on, running and bring your pump supplies.
- If you use a CPAP/BiPAP machine, please bring it with you.

## High Blood Pressure (Hypertension) Medications

If **general anesthesia** is planned for your surgery, this can interact with some types of blood pressure medications. If you take one of these medications on your day of surgery, your blood pressure could become dangerously low.

Please look at the list below for the name(s) of the blood pressure medication you take. If your medication is on the list, stop taking it **24 hours before surgery**. Note: This applies to the medications **only** as they are listed in the **combinations** below. If your medication is **not** on the list, **continue to take it as usual**.

Drug	Trade Name	Drug	Trade Name
Accupril	Quinapril	Fosinopril	Monopril
Accuretic	Quinapril with HCTZ	Fosinopril with HCTZ	Monopril HCT
Aceon	Perindopril	Irbesartan	Avapro
Amlodipine with benazepril	Lotrel	Irbesartan with HCTZ	Avalide
Amlodipine with HCTZ and Olmesartan	Tribenzor	Lisinopril	Prinivil or Zestril
Amlodipine with HCTZ and Valsartan	Exforge HCT	Lisinopril with HCTZ	Zestoretic or Prinizide
Aliskiren with Valsartan	Valturna	Losartan	Cozaar
Altace	Ramipril	Losartan with HCTZ	Hyzaar
Azilsartan	Edarbi	Moexipril	Univasc
Azilsartan with Chlorthalidone	Edarbyclor	Moexipril with HCTZ	Uniretic
Benazepril	Lotensin	Olmesartan	Benicar
Benazepril with HCTZ	Lotensin HCT	Olmesartan with Amlodipine	Azor
Candesartan	Atacand	Olmesartan with HCTZ	Benicar HCT
Candesartan with HCTZ	Atacand HCT	Sacubitril/Valsartan	Entresto
Capoten	Captopril	Telmisartan	Micardis
Captopril with HCTZ	Capozide	Telmisartan with Amlodipine	Twynsta
Cliazapril	Inhibace	Telmisartan with HCTZ	Micardis HCT
Enalapril	Vasotec	Trandolapril	Mavik
Enalapril with Felodipine	Lexxel	Trandolapril with HCTZ	Tarka
Enalapril with HCTZ	Vaseretic	Trandolapril with Verapamil	Tarka
Eprosartan	Teveten	Valsartan	Diovan
Eprosartan with HCTZ	Teveten HCT	Valsartan with Amlodipine	Exforge
		Valsartan with HCTZ	Diovan HCT

## Perioperative Bathing Instructions



Before your surgery, you can lower the risk of infection by carefully washing with antibacterial soap.

### Which soap should you use?

Your surgeon may tell you to use a special antibacterial soap called **Chlorhexidine Gluconate (CHG)** before surgery. Only use CHG if your surgeon tells you to, and if you're not allergic. Otherwise, please use an antibacterial soap such as Dial, Lever or Safeguard (bars or body wash).

Another brand name for CHG is **Hibiclens**, available at drugstores. Buy at least a 4-ounce bottle.

Pre-Surgery Bath on this date:

Date of Surgery:

- Shower with CHG/Hibiclens or antibacterial soap the **night before and the morning of your surgery**.
- With each shower, wash your hair and face as usual with your normal shampoo/soap. Thoroughly rinse your hair and body to remove all soap.
- Don't shave** the surgery site area.
- Turn off the water** before using the CHG or antibacterial soap to avoid rinsing it off too soon.
- Apply CHG or antibacterial soap from your jawline down. CHG is **not** meant to be used on your eyes, ears, nose, mouth or genital area.
- Rub it in thoroughly for **five minutes**, giving special attention to the surgery site. You don't need to scrub very hard. CHG will not lather. Turn the water back on and rinse your body well.
- Do not** wash with regular soaps after using the antibacterial soap.
- Pat yourself dry with a **clean, soft towel** after each shower. Then put on clean clothes or pajamas and sleep on freshly cleaned bed linens.
- Don't apply any lotions, perfumes, powders or deodorant** after using the antibacterial soap the day of surgery.