Ortho/Spine Center
Patient Surgery Guide
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Preparing for Surgery

St. Vincent Hospital believes in caring for all of your needs, including mind, body, and spirit. To help achieve peace of mind during your stay with us, we ask that you please bring only those items that are necessary during your stay with us, including a form of photo identification and your insurance card. St. Vincent encourages you to leave all other personal items and valuables at home.

St. Vincent will not be liable for any personal articles that are lost, stolen or damaged. The hospital encourages patients to send personal items and valuables home with a relative or friend. If this is not possible, upon request, the hospital will place valuables in the hospital safe. Thank you.

Insurance Requirements

Most insurance companies require pre-certification before your surgery can be performed. Please confirm with your insurance carrier that all pre-certification requirements have been met. You may also want to ask what your potential financial responsibility will be.

- Bring your insurance card, driver’s license or photo ID and a copy of your living will (if you have one).

Questions to Ask Before Surgery

Have you ever left your doctor’s office and then remembered another question you wanted to ask? This list will help you get all the information you’ll need about your surgery.

- How long will I be in the operating room?
- Will I be able to go home after my surgery or do I need to plan on spending the night in the hospital?
- Will you talk to my family after my surgery is over?
- Will I need lab tests and X-rays before surgery?
- Will I have to take special medication before or after surgery?
- If I smoke, is a nicotine patch appropriate for me to use?
- Will I need to be on a special diet before or after surgery?
- How long will I be off work?
- How long will it be until I feel “back to normal”?
- Will I need assistance at home to care for myself?
- Will I need pain medication at home?
- When do I need to come back for a follow-up visit?

Because your surgeon will be giving you a lot of information, it might be helpful for you or a family member to take notes during your appointment and hospital visits.
Pre-operative Instructions
St. Vincent Indianapolis Hospital
2001 W. 86th Street, Indianapolis, IN, 46260

Name:

Surgical Procedure:

Surgery Date & Time:

- Orthopedic and Spine Center / Entrance 8

  - Free valet patient parking is provided for your convenience. Visitors may park for free in the adjacent parking lot.

Your Pre-Surgery Visit:

Date & Time:

The following instructions are important for your safety. *If you do not follow them, your surgery may be canceled.*

- If you have a change in your physical condition prior to surgery (cold, cough, fever, rash), contact your surgeon’s office immediately.

- Please bring with you a list of medications and supplements (vitamins, herbals, etc.) with dosages on the day of surgery (include over-the-counter medications).

- Do not take any over-the-counter medications the morning of your surgery. This includes herbal preparations, vitamins and cold/allergy medications. Discontinue sooner than the day of surgery if you have received those instructions from your physician or the hospital’s nursing staff.
• If you normally take daily medications such as heart, seizure, blood pressure or diabetic medications, check with your surgeon about which ones should be taken the morning of surgery. If you use an inhaler or CPAP machine for sleep apnea, bring it with you the day of surgery. If you take nebulizer treatments, bring one dose of each medication you use in the nebulizer to the hospital with you. If you have either a pacemaker and/or an implantable cardioverter defibrillator (ICD) please bring your device identification card to the hospital with you. We will make a copy of the card to include in your chart.

Adult Food/Drink Instructions

• Patients ages 18 years and older (includes pregnant women of any age) must not consume food or beverages for eight hours before surgery.
Orthopedic/Spine Surgery Evaluation Center (SEC) for Pre-Admission Testing

Your surgeon may order some tests to be done before your surgery. These may include lab tests, X-rays and/or an EKG. These tests give your surgeon and hospital staff the most current information on your condition and allow them to determine the best course of treatment. You may have your testing done at the St.Vincent Ortho/Spine Surgery Evaluation Center (SEC) or at another diagnostic testing site as suggested by your surgeon. The Ortho/Spine SEC is staffed with Hospitalists, Nurse Practitioners, Physician Assistants and RNs specializing in the pre-operative evaluation and preparation of patients and families for surgery.

- Be sure to notify your surgeon’s office of any recent blood tests, chest X-rays or EKGS you may have had to avoid repeat testing.

- An SEC visit may be necessary to complete your pre-operative preparation. This appointment will be scheduled in one of the following ways:
  - By your surgeon’s office when your surgery date is scheduled
  - By a phone call from an SEC nurse who has completed a preliminary review of your health history and information
  - By you calling the SEC 317-338-3434 or 866-795-6665 (toll free) to schedule the pre-operative appointment as directed by your surgeon

- If you do not need pre-operative testing in the SEC, a nurse from the SEC may call you before your surgery to help both you and the hospital prepare for your surgery. If you have a pacemaker/implanted defibrillator or any special needs (i.e. interpreter, physical limitations, etc.), please tell the nurse at this time.

- Pre-registration results in quicker check-in on the day of surgery. You can pre-register up to 30 days before your scheduled surgery date, by calling 317-338-8787 or 800-972-2459 toll free.

The Day Before Surgery

- Make sure to get a good night’s rest.

- Do not eat, drink or smoke after midnight the night before your surgery.

- If you are going home after surgery, you will not be allowed to drive. Make arrangements in advance, for a responsible adult to be with you at the hospital or to come pick you up. A responsible adult should be with you for the first 24 hours after your surgery.

- We recommend, if possible, that you not bring children with you the day of surgery.
The Day of Surgery

• Be sure to arrive at the time requested by your surgeon’s office. Please call 317-338-2761 if you are going to be late.

• Report to Entrance #8 at the designated time from your surgeons office.

• The nurse will review the information gathered at your pre-operative visit/phone call, update it or obtain any additional information as needed.

• If you are having a procedure requiring anesthesia, your anesthesiologist will visit and discuss anesthetic options with you and/or your family.

• Family and friends may wait with you following these preparation activities. During your surgery, your family will wait in the Ortho/Spine Center waiting areas. Family members and pastors need to arrive at the hospital at the same time you do. This should provide enough time for visiting and prayer before surgery. Please note, if they arrive at procedure time they may not have an opportunity to see you prior to your procedure.

• Do not wear fingernail polish or makeup. If you wear dentures, contact lenses or glasses, please bring suitable storage cases for them.

• Remove all jewelry including earrings and other body piercing ornaments.

• Do not bring pajamas, robes or slippers unless you will be staying overnight in the hospital. We will provide any clothing or footwear you will need.

• Leave all valuables at home. If you will be staying overnight at the hospital, leave your suitcase in the car until your family receives your post-op room assignment.

• Wear casual, loose-fitting clothes that are easy to get on and off, and will fit over bulky bandages.

The Surgical Services liaison is available to answer questions regarding the status of patients and will provide families with updates if necessary. The liaison is available via phone from 6am - 6:30pm and can be reached at, 317-338-2002. An electronic monitor system will also update your family during your surgical procedure.
Orthopedic/Spine Surgery Family Lounge

At St. Vincent, we will take excellent care of your family while we are taking excellent care of you!

- **Coffee Shop** - Adjacent to the waiting areas right in the Orthopedic/Spine Center.

- **Cafeteria** - Located on the lower level (basement) of the hospital with hot food available every day. The Atrium/Coffee Bar is also available for visitors’ convenience.

- **Amenities** - Lockers for temporary storage of patient belongings, TVs, and free local phone access. Wireless connection is also available.

- **Gift Shop** - Located in the main hospital near entrance #1, open Monday – Friday, 9:00a.m.-7:00p.m., Saturday and Sunday, 11:30a.m.-5:30p.m.

**Smoking**
For health promotion, smoking is NOT permitted inside the hospital or on the hospital campus.

**Pagers**
A pager will allow your family members to move about in the hospital but still be reachable for patient updates from the staff or from your surgeon.

**Physician Conference**
When your surgery is over, your surgeon will speak with your family in a private consultation room to maintain confidentiality.
Your Spiritual Needs

The Pastoral Care Department has trained and certified chaplains to meet your spiritual needs as you undergo surgery and begin healing. The interdenominational staff is made up of dedicated people who understand the concerns that may occur when having surgery.

If you would like to speak with a chaplain before you go to surgery, please tell your nurse. To speak with a chaplain before coming to the hospital, call the Pastoral Care office at (317) 338-2238.

Sacred Places and Spaces

The main hospital chapel is located in the main hospital on the first floor near Entrance #1 and is open 24 hours a day. Mass is held every day; Monday through Friday at 8:00a.m., Saturday at 7:45p.m. and Sunday at 8:30a.m. All Chapel services are broadcast on the TV.

There are two Simplicity Gardens located at the hospital: one with a soothing, bubbling water fountain for reflection and prayer located beside the main surgery family lounge; the other is outdoors between Surgery Pavilion B and the Outpatient Laboratory.

The Orthopedic/Spine Center has a small chapel just west of the registration booth in the front lobby for you to use at any time.
Anesthesia

Many people are concerned about having any type of anesthesia. Please feel free to talk with your anesthesiologist, surgeon or nurse if you have questions or concerns about your anesthesia options.

What to Expect

• An intravenous line (IV) will be started before your surgery.

• Your anesthesiologist will give you fluids and medications through the IV line.

• The anesthesiologist will monitor your breathing, heart rate and blood pressure during your surgery.

• You do not need to worry that you will wake up too early or that you will feel the surgery being performed. Your anesthesiologist will wake you up at the right time.

General Anesthesia

General anesthesia causes you to lose consciousness and feel no pain. Several different medications are used for general anesthesia – some are inhaled and some are given through your IV.

With general anesthesia, you may have a tube placed in your windpipe that is connected to a breathing machine during the surgery. Your throat may be sore and your voice hoarse for a short time following surgery.

Regional Anesthesia

Regional anesthesia involves injecting a local anesthetic around a nerve to provide loss of pain or sensation to a specifically identified region of the body. Examples of regional anesthesia include spinal blocks, epidural blocks, intrathecal blocks and axillary (armpit) blocks.

Medication may be injected into a catheter to numb the nerves that carry sensation and movement messages to the area of your body being operated on.

With regional anesthesia, even though you are not unconscious, you may be sedated with IV medication to relieve anxiety and to avoid remembering the sights and sounds of the surgery.
**Monitored Anesthesia Care**  
With monitored anesthesia care ("MAC"), an anesthesiologist provides you with sedation but not complete loss of consciousness during your surgery.

**Local Anesthesia**  
Local anesthesia provides numbness to a small area of the body and is injected by your surgeon. In this case, there is usually not an anesthesiologist with you.

**Procedural Sedation**  
Procedural sedation is given through your IV and is usually administered under the direction of your surgeon. It provides both sedation and amnesia of events while your surgery is taking place under local anesthesia.
Blood Conservation

With certain types of surgery, there is the possibility that you may need a blood transfusion during or after surgery. At St. Vincent, our philosophy is to decrease the use of blood transfusions unless medically necessary. Specific questions regarding blood transfusions and blood conservation techniques should be discussed with your surgeon at the time of your initial preoperative visit. This allows adequate time for planning and coordination of blood conservation options.

If you do not wish to receive any donor blood products for religious or personal reasons, please discuss this with your surgeon prior to your arrival at the hospital.

**Questions to Ask your Surgeon about Blood Transfusions**

- Am I at risk of receiving a blood transfusion?
- What are the specific risks of receiving donor blood?
- Are there options that can be used to reduce my need for banked blood?
- How will you balance my risks and benefits if you decide I need a blood transfusion during my hospitalization?
Pain Management

Your pain will be managed by your healthcare team including the anesthesiologist, surgeon, pharmacists and nurses. Your nurse is your advocate and will work with you and your doctors to provide you with the best possible method to manage your pain.

**Pain Control Expectations**

It is important to be realistic when thinking about managing your pain. Pain and discomfort have many causes. Illness, injuries and surgical procedures are all sources of pain for most people. The amount of pain that a person feels varies from one person to another. No two people are exactly alike. Think along the lines of “managed well” as opposed to “pain free.”

There are several options for controlling your pain.

**Oral Medications**

If you are an outpatient and will be going home after surgery, your pain will be managed by oral medications. There are a variety of oral pain medications that your surgeon may order for you. Be sure you understand the effects and how to take your pain medicine before you leave the hospital.

**Injections**

Injections of different types of pain medicine are another option to manage your pain. A combination of injectable and oral pain medicines may be used to manage your pain.

**Epidural Infusion**

If you are given an epidural block, the same catheter used to numb the lower part of your body for the surgery may be used to deliver pain medication. A pump infusing medication may be used to continuously give you small amounts of pain medication.

**Patient Controlled Analgesia (PCA)**

Patient Controlled Analgesia is an option that allows you to give yourself a dose of pain medication through your IV line when you are having pain.

**Other Pain Control Options**

There are many activities you may try to ease your discomfort. Listening to music, relaxation programs, watching TV, prayer, slow deep breaths (in through your nose out through your mouth) or reading a good book may be effective for you. You may also change your position, sit in a chair, or get a massage. If appropriate, some people find working on a hobby or project, or doing a jigsaw puzzle helps distract them from thinking about their discomfort. Different things work for different people – don’t be afraid to experiment and find what works for you!
**Pain Assessment**
Assessing and evaluating pain and response to treatment are the keys to managing pain. Please tell your nurse if you are having pain. Do not wait until the pain is out of control. The worse the pain, the harder it is to treat!

Your nurse will ask you to rate your pain on a scale from 0 to 10. This scale is used both before and after pain treatment.

“0” means you are not having any pain.

“10” means you are having the worst pain you could ever imagine.

### Verbal Descriptors Scale

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</thead>
<tbody>
<tr>
<td>0</td>
<td>2</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>No Pain</td>
<td>Minimal/Ache</td>
<td>Mild</td>
<td>Moderate</td>
</tr>
<tr>
<td>8</td>
<td>10</td>
<td>Excruciating</td>
<td></td>
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### Wong-Baker Faces Scale

(Modified from Whaley & Wong, 1997)
After Surgery

After your surgery is finished, you may be taken to the Ortho/Spine Center PACU (Post-Anesthesia Care Unit). Some patients may go directly back to their pre-op room.

The PACU nurses are specially trained to care for patients who are recovering from anesthesia. When you wake up, the nurse will tell you where you are and that your surgery is over. The drugs used in anesthesia may cause you to have blurry vision, a dry mouth, chills and some nausea. You may also have a sore throat if a tube was placed in your windpipe.

Depending on the type of anesthesia you received, your operative site may be painful. The nurse will ask you if you are having pain or nausea. Medication is available to make you more comfortable.

As you wake up, you will be aware of the nurse checking your bandage and your blood pressure. You will be attached to a heart monitor and an oxygen-level monitor. You will hear these monitors “beep.” You may also receive oxygen through clear plastic tubing in your nose or through a face mask.

You will stay in the PACU an average of 60-120 minutes depending on the type of anesthetic you had and your individual response to the surgery and anesthesia. Your family will be updated as appropriate by the Surgical Services Liaison and our electronic patient tracking system.

**Outpatient**
If you are an outpatient, PACU personnel will take you from the PACU to a post-op phase 2 room. Your family will be able to see you after the nurse checks you in. Most outpatients are ready to go home about an hour after returning from the PACU.

**Inpatient**
If you need to recover; overnight or longer, hospital personnel will take you from the PACU to your hospital room. As soon as the nurse checks you in, your family may visit.
Going Home!

People heal and recover more quickly in familiar, comfortable surroundings. We discharge patients from the hospital before noon. Please have your transportation arranged.

Before you go home, make sure you understand your surgeon’s post-operative plan of care for you. Some general guidelines are listed below:

• After outpatient surgery, start with a clear liquid diet (Coke, tea, 7-Up), and progress to your normal diet as you feel like eating. If you experience nausea and/or vomiting, avoid solid food until the feeling passes.

• Unless your activity is restricted due to your surgery, you may resume your normal activities as you feel able. Get extra rest and just take it easy until you feel like yourself again.

• If you have a dressing, keep it clean and dry. You may have some drainage or bleeding.

• Call your surgeon if you experience any difficulty.

Financial Matters

To discuss payment options or financial concerns contact our Customer Service Center at a 317-338-8035 or 800-582-8258 toll free. You may also contact us online at stvincent.org/billing.

We will bill you for any remaining balances due after your insurance has processed your bill. You will have 30 days to pay the balance. For your convenience, we accept Visa, MasterCard or Discover. We provide payment options and also participate in a number of programs designed to assist individuals and families with healthcare financial needs.

You will also receive a separate bill from any physicians, such as your surgeon, anesthesiologist or radiologist, who provided services during your stay.

Any patient who is “self-pay” or receiving Medicaid or Medicare assistance should call MedAssist at 317-338-6726.
St. Vincent Indianapolis Campus Map

Entrance Locations

1. St. Vincent Hospital Main Entrance
2. St. Vincent Stress Center/Sleep Disorders Center
3. St. Vincent Hospital Outpatient Entrance
4. Peyton Manning Children’s Hospital at St. Vincent
5. St. Vincent Hospital Emergency Entrance/Hilbert Pediatric Emergency Department
6. St. Vincent Heart Center of Indiana/Indiana Neuroscience Institute/Children’s Heart Center at St. Vincent
7. St. Vincent Heart Center of Indiana
8. St. Vincent Orthopedic Center/St. Vincent Spine Center
9. St. Vincent Joshua Max Simon Primary Care Center
10. St. Vincent Women’s Hospital Main Entrance
11. St. Vincent Women’s Hospital Secondary Entrance
12. 8091 Medical Office Building
13. 8081 Medical Office Building
14. 8071 Medical Office Building
15. Seton Specialty Hospital
The Spirit of Caring is alive at St. Vincent, represented by the three doves of our logo, flying proudly in an integrated formation, depicting the three aspects of holistic healing—body, mind and spirit. We strive to deliver to our patients and families extraordinary patient care every day, with the three doves as our guiding symbol.

As a member of Ascension Health and St. Vincent Health, we are called to:

Service of the Poor
Generosity of spirit for persons most in need

Reverence
Respect and compassion for the dignity and diversity of life

Integrity
Inspiring trust through personal leadership

Wisdom
Integrating excellence and stewardship

Creativity
Courageous innovation

Dedication
Affirming the hope and joy of our ministry

St. Vincent Indianapolis Hospital

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