

SCHEDULE & APPOINTMENT TIMES CHECKLIST

Please bring this folder to all of your pre-surgery/procedure appointments

This page is for you to write down all of your appointments. Please note that you may not need all of the types of appointments listed below. Please be sure to ask your doctor.

Surgery/Procedure Date: _____

Location: (check your assigned location)

- 3440 E. La Palma Ave. Anaheim, CA 92806 - Main Operating Room (OR)
- 3430 E. La Palma Ave. Anaheim, CA 92806 - SurgiCenter

A **Medical Clearance with a Primary Care Physician Appointment**

Date: _____

Time: _____

Location: _____

Health Care Provider: _____

D **Anesthesia Telephone Appointment**

Date: _____

Time: _____

Health Care Provider: _____

B **Surgery Preparation Class**

Date: _____

Time: _____

Location: _____

E **Postoperative Appointment**

Date: _____

Time: _____

Location: _____

Health Care Provider: _____

C **Preoperative Appointment**

Date: _____

Time: _____

Location: _____

Health Care Provider: _____

Canceling Your Surgery

If you need to cancel your surgery or procedure, please call the Surgery Scheduling department at (714) 572-7030.

PLANNING FOR SURGERY

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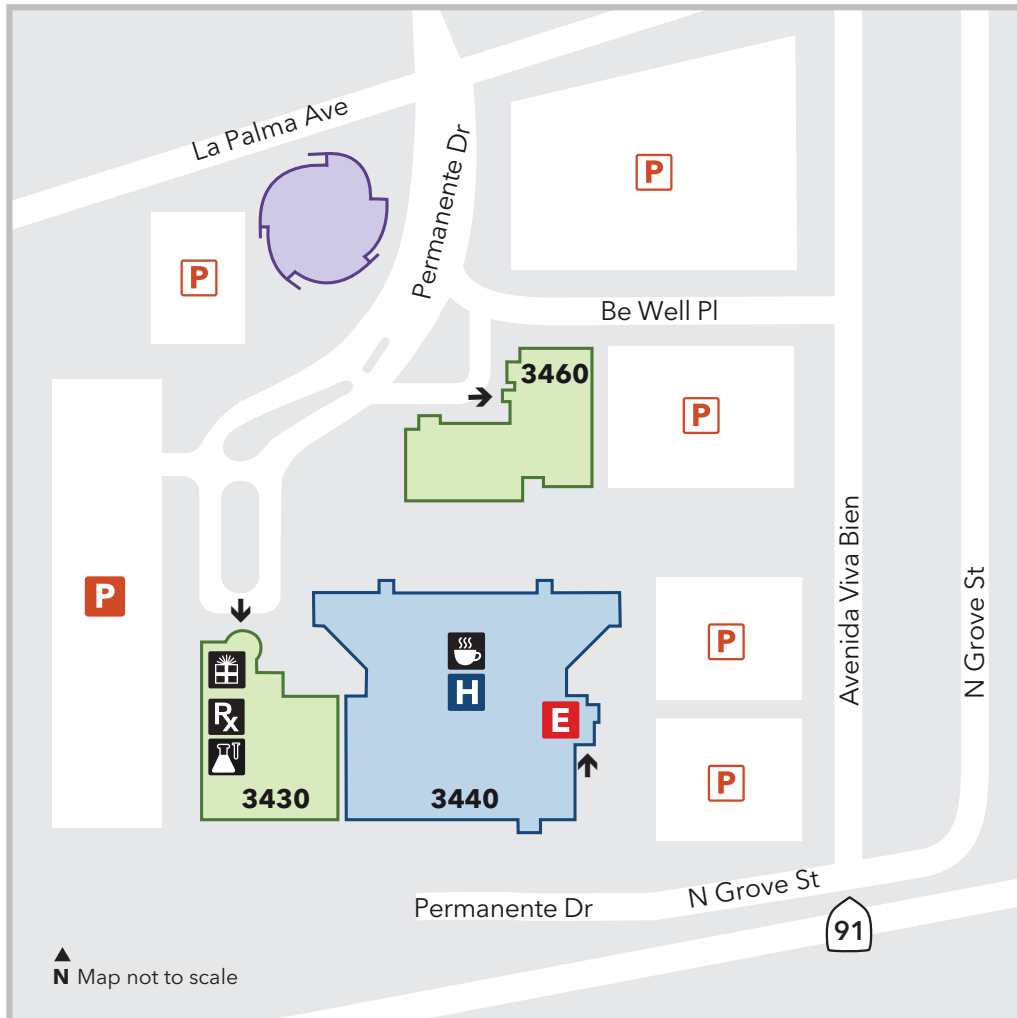
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GETTING HERE

Parking Information



- Building entrance
- Café Refresh
- Emergency Department
- Gift shop
- Hospital
- Lab
- Medical offices
- Parking garage
- Parking lot
- Pharmacy
- Radiation Oncology Center

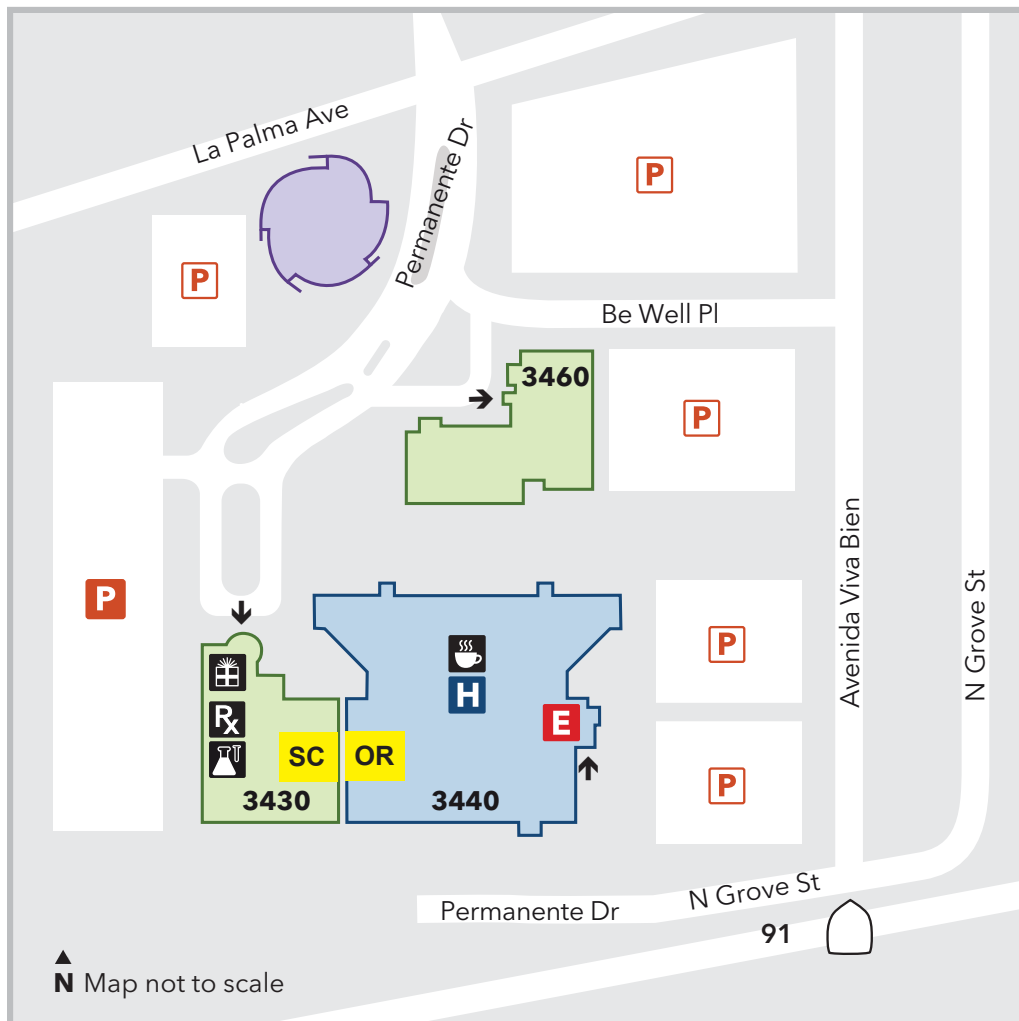
For questions about parking, please call the Hospital Security department at: (714) 644-5510

Need assistance? Call the Hospital Operator at: (714) 644-2000



GETTING HERE



Check-In and Food & Drink



Check-In on Campus

- Main Operating Room (OR)
OR - 3440 E. La Palma Ave.
- Check-in on the 2nd floor, Suite 223
- SurgiCenter
SC - 3430 E. La Palma Ave.
- Check-in on the 2nd floor, Suite 223

Food & Drink on Campus

- Citrus Café
 Hours of Operation:
Monday - Friday 7 a.m. to 7 p.m.
Saturday & Sunday 11 a.m. to 7 p.m.
- Gift Shop
 Hours of Operation:
Monday - Sunday; 9 a.m. to 6:30 p.m.
(subject to volunteer availability)

PLANNING AHEAD

Special Instructions - ADULT & CHILD



Follow the general rules listed below, and confirm with your regular doctor (primary care physician) or surgeon what medicines you should take and what you should stop before surgery.

Medicines or Herbs for Adults

- STOP anti-inflammatory medicines (such as Motrin, Advil, Naproxen, Excedrin) 3 days before surgery. You may use Tylenol for pain.
- Some non-prescription (over-the-counter) medicine must also be stopped at least 7 days before surgery. Ask your doctor which ones to stop taking.
- STOP all herbal medicines at least 7 days before your surgery date. Herbal medicines may cause bleeding and/or problems with anesthesia.
- STOP taking all diet pills 7 days before your surgery date.

Coumadin or Other Blood Thinning Medicines

- Aspirin and Clopidogrel (Plavix): STOP aspirin, aspirin containing products, and Clopidogrel (Plavix) for 7 days before surgery date unless directed by your physician to continue. Aspirin products include baby aspirin, Alka-Seltzer, and Excedrin. If you are taking aspirin or Clopidogrel (Plavix) because you have a history of heart attack, heart failure, stroke, atrial fibrillation, or stent placement, please discuss with the prescribing physician or during your preoperative medical clearance before stopping the medication.
- Warfarin (Coumadin), Enoxaparin (Lovenox), Heparin, or Direct Oral AntiCoagulants (DOAC medications include: Apixaban, Dabigatran, Rivaroxaban, Edoxaban): Your surgeon will place a referral to our Anti-Coagulation Clinic (714-279-5403) or the regional DOAC pharmacy so they may plan when to stop your medicine and if additional treatment is needed before surgery.

**Kaiser Permanente does not endorse the medications or products mentioned. Any trade names are for easy identification only.*

Medicines or Herbs for Children

- Children should take all oral or inhaled prescribed medicines on the day of surgery.
- STOP all herbal medicines or supplements 7 days before surgery.



PLANNING AHEAD

Special Instructions - ADULT & CHILD

If You Have Diabetes

- Make sure you are controlling your blood sugar.
- If your blood sugar is not in normal range your surgery may be rescheduled.
- **DO NOT** take these medicines on the day of surgery:
~ Diabetes pills ~Regular "R" insulin ~ Lispro (Humalog) insulin
- The day before surgery, your Preop Team will let you know which insulin and how much to take the morning of surgery.
- If you feel weak, nauseated, shaky, confused, or sweaty; feel your blood sugar is low or glucose check is < 70mg/dl, then drink any of the following: clear apple juice, Gatorade/Powerade (no red color drinks) or 7-up/Sprite.
- **DO NOT** eat solid food, candy, gum, sugar tablets, sugar gel, milk-based products or drink orange juice as this may cause your surgery to be delayed or canceled.
- Visit kp.org/diabetes for more information.

If You Smoke, Vape or Chew Tobacco

- STOP smoking completely 1-2 months before surgery to minimize the risk of health problems such as pneumonia and poor wound healing. Do not smoke for at least 3 months after surgery.
- Speak with your regular doctor (primary care physician) for resources and tools to help you stop smoking.
- Call 1-866-862-4295 to make an appointment with a Wellness Coach in our Wellness Coaching by Phone program or visit kp.org/quitsmoking.
- You can also take a Tobacco Cessation class with our Center For Healthy Living department. Call 1-888-988-2800 to register for a class or for more information.

PLANNING AHEAD

Special Instructions - ADULT & CHILD



If You Smoke, Vape or Chew Tobacco (continued)

- **Parents/Guardians of children:** Exposing your children to smoking (smoking around your child) can cause health problems such as pneumonia and poor wound healing after surgery. STOP exposing your child to smoking at least one month before surgery and for at least 3 months after surgery.

If You Drink Alcohol

- STOP drinking beer, wine and alcohol 2 days before surgery as this may interfere with the anesthesia and may cause surgical problems.
- If you believe you are a heavy drinker, let your surgeon and anesthesiologist know.

Staying Active

- Walk or stay active. Moving helps your body recover.

Dental Health

- A key to good dental health is to have regular dental checkups and cleanings every six months.
- Complete any necessary dental work 4 to 5 weeks before your surgery.
- You must be free of dental or gum infection in order to have surgery.
- If you have full dentures (upper and lower), no dental clearance is necessary.

Other Medical Conditions

Call your surgeon's office, if you have...

- Untreated or currently treating a urinary tract infection.
- New onset of any medical problem.
- Recent emergency room or urgent care visits.
- Skin rashes, cuts or wounds on your skin.



PLANNING AHEAD

Preparation & Home Safety Suggestions - ADULT & CHILD

Arranging your home, equipment and family support before surgery will promote a smooth homecoming. Here are some suggestions.

Groceries

Get groceries, supplies and easy to prepare meals.

Meals

Prepare your meals ahead of time and store them in the freezer for use after you get home from the hospital.

Clear Pathways

Remove clutter or furniture to provide a clear path to walk around your home. Make sure there is enough room to get around your living area safely.

Tripping Hazards

Secure any loose cords, electrical or telephone, anywhere on the floor. You can easily trip on these.

Night Lights

Install and use night lights in hallways, bedrooms, bathrooms.

Slippery Floors

Do not wax floors – this can make them slippery.

Rugs

Take all throw rugs off the floor; rugs are a tripping hazard and can cause falls.

Non-Skid Mats

Consider installing non-skid mats or strips on shower/tub floor.

Handrails

Consider installing handrails in the bathtub/shower/toilet areas if needed.

Unlocked Doors

While in bathroom, leave doors unlocked in case you need help.

Transportation Home

Make sure to arrange your transportation home from the hospital in advance.

Caregiver

If you believe you will need help, please make sure to arrange your help before your surgery.

IMPORTANT INFORMATION FOR YOUR SURGERY



Admitting Information & Ride Home - ADULT & CHILD

Surgery Check-in Time

- You may receive a call 1-3 days before your surgery date to let you know what time to check in for surgery or to complete your phone pre-admission. This includes verify/update your address, phone number, health insurance and to collect any co-pays that are due at the time of service.
- If you do not receive a call by 7 p.m. the night before surgery, please call the Admitting Office at (714) 644-6650.

Ride Home

- If you are going home on the same day of your surgery/procedure, you must have a responsible adult to take you home.
- If you are staying in the hospital after your surgery/procedure, make sure to arrange your ride home from the hospital in advance.
- Please have this information with you on the day of your surgery/procedure:

- Name of driver:

- Contact number:

Member Services, Eligibility and Benefits

- Please contact Member Services at 800-464-4000 or 1-800-777-1370 (TTY 771) for the deaf, hard of hearing or speech impaired) to discuss your coverage eligibility.
- To find out more information about your co-pay, contact the financial counselors at (714) 223-3355.
- The Admitting Department may contact you to start the admitting process and to collect co-payments that are due.

Canceling Your Surgery/ Procedure

- If you need to cancel your surgery or procedure, please call the Surgery Scheduling department at (714) 572-7030.
- If cancelling after 3 p.m. the day before your surgery or procedure, *immediately* call the Admitting Office at (714) 644-6650.



BEFORE SURGERY

Diet Instructions Checklist - ADULT & CHILD

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT
IN A DELAY OR CANCELLATION OF YOUR SURGERY**

IF YOU ARE A DIABETIC, DRINK WATER ONLY

Adult Diet Instructions

- At 2 hours before your check-in time**, drink 12 ounces of a *carbohydrate* rich drink. Finish drinking it within 15 minutes. Drink any of the following carbohydrate rich drinks:
 - ~ *Gatorade*
 - ~ *Apple Juice* (no pulp)

- DO NOT** eat any solid foods after 11PM. However, you may drink the following clear liquids up until 2 hours before your check-in time:
 - ~ *Gatorade*
 - ~ *Apple Juice* (no pulp)
 - ~ *Water*

- DO NOT** chew gum, eat candy, or drink tea or coffee after 11PM.

- STOP** drinking alcohol 2 days before surgery.

Child Diet Instructions

- You may give your child formula or milk, up until **6 hours before check-in time**.

- If breastfeeding, you may give your infant breast milk up until **4 hours before check-in time**.

- Give your child clear liquids **2 hours before check-in time**.
 - Your child can drink the following clear liquids only:
 - ~ *Gatorade*
 - ~ *Apple Juice* (no pulp)
 - ~ Pedialyte
 - ~ Water

- DO NOT** allow your child to eat any solid foods after 11PM.

- DO NOT** allow your child to chew gum or eat candy/gummies after 11PM.



BEFORE SURGERY

Preparing the Skin Checklist

- ADULT & CHILD

If your surgeon has provided you with skin prep cloths, please review the "Preparing the Skin Checklist." These cloths contain an antiseptic called Chlorhexidine Gluconate (CHG), which will clean your skin before surgery and help prevent infection at the surgical site.

Important Information

- For **pediatric patients**, please consult with your surgeon for skin prep instructions.
- You will do this skin cleaning **the night before and the morning of surgery**.
- **DO NOT** let the cloth touch your eyes, ears, mouth, genital and rectal areas and colostomy, if you have one.
- **DO NOT** flush the cloths down the toilet as they will clog pipes.
- **DO NOT** shave any areas of the body below the neck, at least 7 days before surgery.
- **DO NOT** microwave cloths. Closed packages containing cloths may be warmed by soaking in warm water.
- **DO NOT** rinse or use any lotions, powders, deodorant or make-up after preparing skin.
- Use the cloths on cool, dry skin.

Directions on How to Use the CHG Cloths

- Take a shower. Let your skin dry completely. Then use cloths.
- Each package contains 2 CHG cloths. Open all three packets of CHG.
- Gently wipe each body area very well with a back and forth motion. Use one cloth for each body area (see diagram on next page).
- **USE ALL 6 CLOTHS.**
- It is normal for the skin to have a temporary "tacky" or "sticky" or mildly itchy feel for several minutes after you use the cloths.
- **After using the cloths, allow area to air dry for one minute. Do not rinse.**
- Dress in clean clothes or sleepwear.

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BEFORE SURGERY

✓ Preparing the Skin Checklist - ADULT & CHILD

Cleaning

Night Before
 Morning of

Check-off each box, as you complete cleaning each area of the skin.

Cloth #1 Start with your neck, moving down to the chest. When your chest is done, start at the shoulder of each arm and end at your fingertips. Be sure to wipe your armpits.

Cloth #2 Start at your belly and move down to your right and left hips, followed by your groin. *Be sure to wipe any creases or folds in your belly or groin areas. (**DO NOT** use this cloth to clean your genital area.)

Cloth #3 This cloth is for the front of both legs. Start at the top of your thighs and work your way down to your toes. Be sure to clean your feet and between your toes.

Cloth #4 Start at the back of the neck and clean down, toward mid-back, and then start at each back side of the shoulder and clean down to hands.

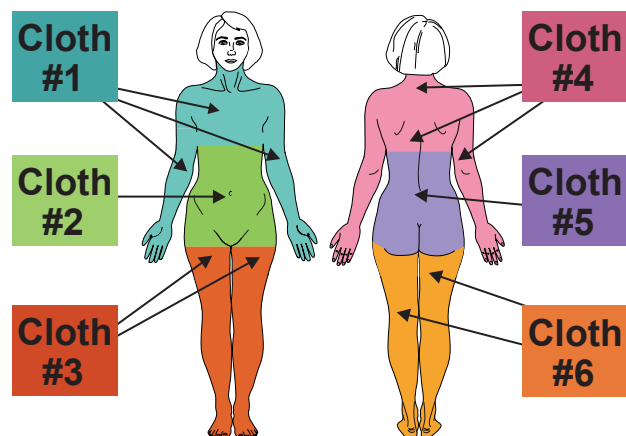
Night Before
 Morning of

Check-off each box, as you complete cleaning each area of the skin.

Cloth #5 Start at your mid-back and move down to lower back. (**DO NOT** use this cloth to clean your genital area). Move to the right and left hip.

Cloth #6 This cloth is for the back of both legs. Start right below the buttocks; move down, behind the knees and calves, ending at your heels.

Use diagram below for visual aid



BEFORE SURGERY

Pain Management - ADULT & CHILD



When recovering from surgery, you may experience pain, but there are ways to manage your discomfort. **Being prepared helps put you in control.**

Ask Questions

Ask your doctor or nurse what to expect after surgery. You may want to write down your questions before you meet with your doctor or nurse.

- Will there be much pain after surgery?
- Where will the pain occur?
- How long will the pain last?
- What are the side effects?

Discuss Your Options

Tell your doctor or nurse about:

- Pain control methods that have worked well or did not work well for you before.
- Concerns you have about pain medicine.
- Allergies to medicines.
- Medicines you take for other health problems. The doctors and nurses need to know because mixing some drugs with certain pain medicines can cause problems.

There are many ways to control your pain that do not involve medicine:

- Relaxation or deep breathing.
 - Visualization - think positive, healing thoughts.
 - Distraction - watch TV, listen to music, read.
 - Adjusting your body position.
-



BEFORE SURGERY

What To Bring/Wear - ADULT

We advise that you DO NOT bring any large amount of cash or valuables such as electronic devices and jewelry. We are not responsible for the loss of your personal items. If someone accompanies you on the day of your surgery/procedure, they may be given your valuable items to hold.

What To Bring/Wear

- Kaiser Permanente card
- Photo ID (Driver's license, passport, government issued identification card)
- The name of the person who will drive you home and their phone number
- The name of your caregiver
- Credit card, debit card, enough cash or a check to make any co-payments that may be due the day of your surgery/procedure
- A copy of your completed Advance Directive
- Please wear comfortable clothes that can be changed easily

What NOT To Bring/Wear

- Any jewelry (including body piercings)
- Extra or large amount of cash
- Face lotion (moisturizer, sunscreen, etc.)
- Cologne/Perfume
- If you wear contact lenses, glasses, dentures or hearing aids, you may bring them. Please make sure to bring their protective case and be prepared to remove them before surgery.
- Body lotion
- Hairpins
- Deodorant
- Makeup
- Hair products (gel, mousse, oil, hairspray, etc.) **These items could be flammable.**



BEFORE SURGERY

What To Bring/Wear - CHILD

A parent or legal guardian must accompany your child to the hospital. We advise that you DO NOT bring any valuables such as electronic devices and jewelry. We are not responsible for the loss of your child's personal items. If someone, other than yourself accompanies your child on the day of their surgery/procedure, they may be given their valuable items to hold.

What To Bring/Wear

- Your child's Kaiser Permanente card
- If your child wears contact lenses, eyeglasses, or hearing aids, you may bring them. Please make sure to bring their protective case and be prepared to remove them before surgery
- You may bring any comforting items (toys, books, blankets) to soothe your child before surgery
- Please have them wear comfortable clothes that can be changed easily

What NOT To Bring/Wear

- Any jewelry (including body piercings)
- Face lotion (moisturizer, sunscreen, etc.)
- Body lotion
- Hairpins
- Hair products (gel, mousse, oil, hairspray, etc.)
These items could be flammable.

A parent or guardian will need to be with the child having surgery. We ask that you do not bring additional children under the age of 12 unless there is another adult to care for them.



AFTER SURGERY

Pain Management - ADULT

If You Are Going Home the Same Day of Your Surgery

- You will be in the recovery room, and you will be sent home directly from the recovery room.
- Take the pain medicine as instructed by your doctor.

If You Are to Stay in the Hospital After Your Surgery

Ask for Pain Medicine When Pain Begins

- Take action as soon as the pain starts. It is harder to ease pain once it has taken hold. This is a key step in pain control.
- If you know your pain will worsen when you start walking or doing breathing exercises, take your medicine first.

Persistent Pain

- Tell your doctor or nurse about pain that does not go away after medicine is given.
- Don't hesitate to speak up about your pain! The doctors and nurses want and need to know about it.

Measuring Pain - Adults

- The doctors and nurses may ask you to rate your pain on a scale of 0-10.
 - Reporting your pain as a number helps the doctors and nurses know how well your treatment is working and whether to make any changes.
-

AFTER SURGERY

Pain Management - CHILD



If Your Child Will Be Staying in the Hospital After Surgery

Pain Experience

- Pain can be hard for a child to describe. It is expressed and experienced differently among age groups, cultures, and genders. An older child may be able to describe how the pain feels or tell you whether the pain comes and goes. While a toddler may say he or she is not feeling well. When someone is experiencing a great deal of pain it may be possible to control and reduce the pain to an acceptable level. However, it may be impossible to eliminate the pain completely.

What Might Pain Look Like in Your Child?

- Changes in usual behavior; your child may eat less, become fussy or restless, and have less interaction and talking with others.
- Inconsolable crying, grunting, or breath holding.
- Facial expressions; such as furrowed brow, a wrinkled forehead, closed eyes, or an angry appearance.
- Sleep changes; such as waking often or sleeping more or less than usual. Even children in severe pain may take short naps because they are so tired.
- Body movements; such as making fists, protecting a part of the body (especially while walking), kicking, or clinging to whoever holds him or her, or not moving.

Acceptable Level of Pain

- When your nurse or other members of the health care team asks what your child's "acceptable level of pain", they are trying to determine at what point your child would like to start receiving pain medicines, because different medicines are designed to treat different levels of pain.

Reporting Pain and Discomfort

- When your child is experiencing pain, it is important to let your health care provider know right away. It is more effective to give pain medicines sooner, rather than waiting until the pain is severe and unbearable.



AFTER SURGERY

Pain Management - CHILD

How Do We Measure Pain?

- In addition to words your child may use to describe their pain, we also look at vital signs (heart rate, breathing rate, etc.) and bodily expressions. We use three pain scales:
 - 1) Wong-Baker FACES Pain Scale (see image below)
 - 2) Numeric Pain Scale (0-10)
 - 3) “FLACC” Pain Scale
- For younger patient who are unable to speak or are unable to relate pain intensity to numbers; the FACES scale is a suitable choice. The doctors and nurses may ask your child to rate their pain on a scale of 0-10. (image below)
- Reporting pain as a number helps the doctors and nurses know how well their treatment is working and whether to make any changes.

Wong-Baker FACES™ Pain Rating Scale



©1983 Wong-Baker FACES™ Foundation. Used with permission.

How Do We Reduce Your Child's Pain?

- We encourage all caregivers to be involved in addressing their loved one's pain. We understand that pain is not just physical and have a team dedicated to addressing your needs here in the hospital; Child Life Specialists, Medical Social Workers, Nurses Physicians, Chaplains, and volunteer groups. We take the “3Ps” approach (Physical, Psychological, and Pharmacological) in ensuring that your child's comfort level is met.

Remember?

- We encourage you and/or your child to share your pain level with your care team.
- You have a right to ask for pain medicine.



AFTER SURGERY

Recovery at Home - ADULT & CHILD

Within 12 Hours After Surgery

- Sit up in bed to help prevent pneumonia.
- Begin to eat and drink to give you energy to heal.
- Eat meals in a chair.
- Wash your hands regularly.
- Brush your teeth.
- Walk or stay active. Moving helps your body recovery.
- The best way to help prevent blood clots and pneumonia is by being active and walking when possible.

Routine Nonurgent Care

Refer to the information below. Email your doctor via kp.org, speak with your surgeon, call your clinic during the day or 1-888-988-2800 after hours, if needed.

These are common symptoms after surgery:

Pain

- It is normal to have **some** pain until your body heals. It may take days to weeks for the pain to fully resolve. Follow your doctor's pain medicine recommendations. Medicines like Tylenol and Motrin help decrease the amount of narcotic pain medicines needed.

Constipation

- Your pain medicines may cause constipation. Drink plenty of fluids, eat foods high in fiber, and take stool softeners to prevent constipation.

Drowsiness and Dizziness

- It is normal to feel drowsy and dizzy after surgery. There's no need to worry, but be careful when getting up.

Nausea and Vomiting

- You may feel nauseous and may even vomit. Taking your pain medicines with food may help. If you can't keep water down, call 1-888-988-2800.



AFTER SURGERY

Recovery at Home - ADULT & CHILD

Difficulty Urinating

- If you have difficulty urinating and have the urge to urinate, try to urinate several times. Seek medical attention by calling 1-888-988-2800 if you cannot urinate and experience any of the following:
 - ~ Bladder fullness or heaviness
 - ~ Discomfort or pain when urinating
 - ~ A sense of urgency (immediate feeling of needing to urinate)
 - ~ Urinating frequently in small amounts and do not feel that you have emptied your bladder.

Urgent Care

Call 1-888-988-2800 for advice. If you have an urgent care need, we can direct you to the appropriate facility or assist you in scheduling a same-day or next day appointment.

A complication that requires prompt medical attention but is not an emergency medical condition.

- Fever over 101.5° F for adults or fever over 100.4° F for children
- Bright red blood that won't stop (some oozing of blood is normal)
- Signs of a blood clot:
 - ~ Pain or redness in your calf, back of knee, thigh, or groin
- Stitches are loose
- Open incision
- Difficulty urinating
- Signs of infections:
 - ~ Pain, swelling, warmth or redness
 - ~ Red streaks from the incision
 - ~ Pus draining from the incision
 - ~ Swollen lymph nodes

Emergency Care

Call 911 for emergency care.

A medical condition that requires immediate medical attention.

- Lose consciousness (pass out)
- Severe trouble breathing
- Severe chest pain
- Severe bleeding

FAQS

Frequently Asked Questions - ADULT & CHILD



Q. Why is it important to drink a carbohydrate beverage before surgery?

A. The carbohydrate drink gives you the energy you need during surgery and to start healing afterward. You'll also feel less hungry and thirsty.

Q. Why eat and drink soon after surgery?

A. Food provides you with energy to help you heal and recover faster.

Q. Why should I sit up and walk soon after surgery?

A. Moving can prevent blood clots and pneumonia to help you feel better.

If you are recovering in the hospital, we'll help you sit up in a chair for meals and walk short distances. If you are recovering at home, sit up in a chair for meals and get up and walk from time to time.

Q. Do I need to take my pain medicine, even if I'm not in pain?

A. Yes, for the first few days after surgery, take the medicine as directed by your doctor so you can stay ahead of the pain, move around, and heal faster. It's harder to manage pain when you miss a dose. If you need to take opioid medicine, also take medicine prescribed for constipation.

Q. Why do I need help at home after surgery?

A. Even if you usually take care of everything on your own, you may need help at home to safely recover. Your helper can assist with meals, medicine, driving, and other daily activities.

Q. Why do I need to quit tobacco?

A. Smoking slows healing and increases the risk of complications. Quitting before surgery can make a big difference. We offer counseling and medicine to help you quit. Call 1-866-862-4295 for Wellness Coaching by Phone or visit kp.org/centerforhealthyliving to get more information. For our free online quit smoking program, Breathe, visit kp.org/healthylifestyle.





NOTES

Questions & Notes You May Have

Lined writing area consisting of 25 horizontal lines.