

# A Parent's Guide

## Preparing for Your Child's Surgery/Procedure

**Welcome** to Swedish Medical Center. We look forward to giving you and your child the very best of care. Our goal is to see that your entire experience at Swedish is excellent in every respect.

### You are scheduled to have your surgery/ procedure at:

- Ballard campus 206-781-6245
- Cherry Hill campus 206-215-3200
- First Hill campus 206-215-3200
- Orthopedic Institute 206-215-3200
- Issaquah campus 425-313-5330

*Toll-free for all campuses 1-866-851-5111*

### Please take the following steps to prepare for your child's surgery/procedure:

1. Call Swedish Medical Center at the location noted above to:
  - Register for your child's appointment at the hospital
  - Schedule a **required** preadmission telephone appointment.

Please allow 15 minutes to register and schedule your appointment. You must have your child's insurance card available.

2. If you receive a telephone message from Swedish, please promptly return the call to the number left on the message.
3. Once your child's procedure has been scheduled at the hospital, call your insurance company to confirm authorization.
4. Read this handout carefully and pay particular attention to the pre-operative diet and medication instructions.

### Important financial information

It is your responsibility to contact your insurance company to ensure:

- Your doctor has received authorization for professional fees and the hospital charges
- You know the limits of your child's coverage and any non-covered charges which may be billed to you personally

Questions about billing or costs for surgery can be answered by calling 206-320-5300.

### Your phone appointment with the preadmission clinic

*(Allow up to 30 minutes)*

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please have with you for this appointment:

- Current list of your child's medications
- Your family doctor's name and phone number
- List of your child's past surgeries, current problems and reports of any heart tests

### When to arrive for your child's surgery/procedure

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Pre-operative diet instructions:

The last time my child can eat solid food: \_\_\_\_\_

The last time my child can drink formula or non-clear liquids: \_\_\_\_\_

The last time my child can drink breast milk: \_\_\_\_\_

The last time my child can drink clear liquids: \_\_\_\_\_

*A map with directions and parking for each campus is included in this booklet. Check-in for preadmission and surgery/procedure locations are detailed on the map.*

**For more information, visit [www.swedish.org](http://www.swedish.org) under "Health & Patient Services > Patient & Visitor Information."**

*For information on patient rights and responsibilities, go to [www.swedish.org/patients-rights-responsibilities](http://www.swedish.org/patients-rights-responsibilities).*



**SWEDISH**  
PEDIATRICS

Extraordinary **care**. Extraordinary **caring**.<sup>SM</sup>

## Surgery or procedure and your child

At Swedish, we recognize that surgery can be scary for children. That is why we strive to make the entire experience as positive as possible. You can be assured that your child will receive care from a highly trained staff using the most advanced medical technology — all in a child-friendly environment.

**You can help prepare for your child's procedure by reading this packet and following the instructions provided.**

- The hospital experience starts with a pre-admission appointment. Please call the hospital to schedule this **required** phone interview. During this telephone call, a nurse will ask you questions to complete your child's hospital chart, explain what you can expect and answer any questions. Please have your child's medicines with you for your interview.
- Becoming familiar with the hospital can make it less stressful for you and your child on the day of surgery. Tours of our surgery and pediatric areas are conducted Monday through Friday. Call the child life specialists at 206-386-6283 if you would like to schedule one.

- On the day of your child's procedure, you will meet with your anesthesiologist and be asked to sign a consent form. **A parent or legal guardian must be present on the day of the procedure for any patient under the age of 18.** In the case of temporary custody, proof of legal guardianship must be provided.
- To allow you to focus on your child who is a patient, we encourage you to arrange child care for your other children. **Siblings are not allowed in the surgery areas or surgical playrooms.** Many parents wish to stay with their children as long as possible throughout the process, and this is entirely understandable. However, when your child is taken to the surgical suite to receive anesthesia and during the immediate wake-up period only one parent may be present. This way, we maintain both a safe and comfortable environment for all. When you are preparing to take your child home, both parents may be present.

### Child life specialists

Child life specialists are part of the health care team. Their job is to help with age-appropriate preparation for a surgery or procedure. If you have questions about how to talk to your child about this, please call 206-386-6283.





## Pre-operative medicine instructions

If your child is taking blood thinners or any aspirin-containing product, please contact your surgeon. They may need to stop prior to surgery.

*Unless instructed otherwise by your doctor, surgeon or anesthesiologist, please have your child follow the guidelines below for taking medicine before surgery.*

### Two weeks prior to surgery/procedure:

STOP taking all herbal supplements.

### Three days prior to surgery:

STOP taking all non-steroidal, anti-inflammatory medicines, such as Advil, Aleve, DayPro, Feldene, Ibuprofen, Indocin, Lodine, Motrin, Naproxen, Naprosyn and Voltaren.

### On the morning of your child's surgery:

Make sure your child takes ALL other usual morning prescribed medicines with a small sip of water. If your child uses an asthma inhaler, have him or her use it and bring it to the hospital.

## Important instructions

### The day prior to surgery:

- Call your surgeon if your child experiences any change in health, including a cold, flu, fever, bladder infection, rash, diarrhea or other infection.
- Read and follow the pre-operative diet instructions on page four of this booklet.

### The day of surgery:

- Bathe your child and wash their hair before coming to the hospital. Do not use any hair products after washing their hair. This may be done the night before.
- DO NOT let your child wear makeup or use personal-care products such as hairspray, perfume, gels, aftershave, facial creams, oils, lotions or hair conditioner. Use only soap and shampoo.
- Have your child wear loose, comfortable clothing.
- Remove all of your child's jewelry and leave at home (including jewelry worn every day).
- Make sure your child follows the pre-operative diet instructions (see chart on page 4). **If the instructions are not followed, the procedure or surgery will be delayed or possibly cancelled.**
- Arrive at the hospital on time.
- Allow time for parking (see map in this booklet).
- If your child uses inhalers for asthma, bring them with you.
- Bring proof of temporary guardianship, if needed.
- If your child has special dietary needs, please bring preferred food with you.
- Parking rates in Swedish garages may vary. Please bring cash, debit or credit card for payment. Parking is not validated.

# IMPORTANT

## PRE-OPERATIVE DIET INSTRUCTIONS

8 hours before check-in	<b>STOP</b> your child from eating any solid food. Continue to allow liquids. <b>NO FOOD</b> <b>NO LOZENGES</b> <b>NO GUM</b>
6 hours before check-in	<b>STOP</b> giving your child liquids that you cannot read a newspaper through. <b>DO NOT</b> give any forms of milk (except breast milk), juice with pulp or formula. <b>CONTINUE</b> to allow breast milk without additives and clear liquids that you can read a newspaper through. It's okay to give 7-up, Gatorade, plain jello, apple juice without pulp. <b>NO MILK</b> <b>NO FORMULA</b> <b>NO JUICE WITH PULP</b> <b>NO FRUIT NECTARS</b> <b>NO SMOOTHIES</b>
4 hours before check-in	<b>STOP</b> breast milk.
2 hours before check-in	<b>STOP</b> giving your child anything by mouth except medicine as directed by your doctor. <b>NO WATER</b> <b>NO CLEAR LIQUIDS</b>

Unless instructed otherwise by your child's doctor, surgeon or anesthesiologist, your child must follow these diet instructions before surgery. If instructions are not followed, the procedure or surgery will be delayed or possibly cancelled.

## Recovery room

In the recovery room, your child will be cared for by specially trained nurses. The amount of time your child will spend in recovery varies. We understand how important your comfort and support are to your child's recovery, so we will make sure you see your child as soon as possible.

## Staying in the hospital

If your child is scheduled to stay in the hospital following surgery, we encourage one adult to stay over night through the duration of the stay. Unfortunately, Swedish does not provide childcare for any children who are not current patients. Siblings may not stay overnight in the hospitalized child's room. Patient visiting hours are 5 a.m. to 9 p.m. Siblings may visit during these hours; children under 12 must be with an adult.

## Planning to return home

Ask your surgeon's office about your child's care at home after the procedure. On the day your child is scheduled to go home (either the day of the procedure or after an inpatient stay), you or another authorized adult **must** be present to take your child home. (A procedure will be cancelled if the child has no adult escort on the day of the procedure.) Children may **not** drive themselves or travel home by bus. They may take a taxi with an adult escort. All patients, regardless of age, should have someone with them through the first night at home after a procedure or inpatient stay.

## Child life specialists

At Swedish, we understand the fears and confusion a child may have about a stay in the hospital. That's why child life specialists are an integral part of our team of pediatric health care professionals. Child life specialists at Swedish help children and their families cope with the emotional and developmental challenges of a hospital stay.

By taking into consideration each child's family, culture and stage of development, child life specialists:

- Use developmentally appropriate play and education to prepare children for surgery, procedures, diagnosis and treatments
- Work to encourage the child's emotional, social and developmental growth during a hospital visit
- Use pre-procedural teaching or medical play as a tool to address children's fears and misunderstandings about the hospital
- Provide a supportive, positive experience for children and families including opportunities for play, fun, learning and self-expression



### Preparing your child for a visit to the hospital

Knowing what to expect when you visit the hospital can help relieve many common fears and concerns. In an effort to support children and their families through the surgical process at Swedish, the Child Life Program provides pre-operative tours to prepare children and caregivers for an upcoming scheduled surgery/procedure. These are one-on-one sessions which include age-appropriate education and a tour of the pre-operative, surgical and post-operative/patient room areas of the hospital. Seeing the sights and hearing the sounds that your child will experience the day of the surgery can be a reassuring way to learn about the hospital. The tours are fun, interactive and tailored to meet the social and emotional needs of your child and family.

***If you have questions or would like to schedule a pre-operative tour, please call the child life team at 206-386-6283.***

### Mission

Swedish child life professionals strive to reduce the impact of stressful or traumatic life events and situations that affect the development, health and well-being of infants, children, youth and families. Child life specialists embrace the value of play as a healing tool as they work to enhance the normal growth and development of infants, children and youth through assessment, intervention, prevention, advocacy and education.

## Anesthesia care

***Anesthesia will be required during the procedure to keep your child unaware and pain free.***

### **What is the role of the pediatric anesthesiologist?**

An anesthesiologist is a specially trained physician who creates a safe environment for your child so that the surgeon can perform a procedure. The anesthesiologist gives anesthetic medicine and monitors your child's medical condition continuously. The anesthetic includes three phases: going to sleep, staying asleep and waking up.

### **Who will be my child's anesthesiologist?**

Your child will be anesthetized by an anesthesiologist trained in pediatric anesthesiology. The anesthesiologist for your child will be assigned the night before the procedure. To request a specific anesthesiologist, call 206-215-3656.

### **When will I meet the anesthesiologist?**

On the day of the procedure you will meet the anesthesiologist who will ask you about your child's medical history and talk with you about the anesthetic plan. You may speak with an anesthesiologist before this time by calling 206-215-3656.

You will then be asked to sign an anesthesia-specific consent form acknowledging your discussion with the anesthesiologist and your understanding and acceptance of the agreed upon anesthetic management of your child's procedure.

### **How will the anesthetic be given?**

There are a variety of techniques, including giving medicine intravenously (through a vein) or using a mask for breathing an anesthetic agent. The anesthesiologist will choose the safest technique for your child based on the child's age, personality, past experience with anesthetics and special medical conditions.

### **Will my child receive pre-medication?**

The anesthesiologist may choose to give your child pre-medication (medicine before a procedure). However, the comfort of having a parent present as the child goes to sleep can be as helpful as medicine.

### **Can I be with my child when they go to sleep?**

Many children between 1 and 8 years old can be anesthetized with one parent present. For safety reasons, however, if the child has a serious medical problem, is having emergency surgery or is less than 1 year old, parents will **not** be present. Most older children do very well without a parent present.

While your child's anesthetic plan is decided by the anesthesiologist, any preferences you or your child have will be addressed on the day of the procedure. Please be aware that administering anesthesia is a critical process. Your child's safety is always the anesthesiologist's primary concern. If you are present while your child is anesthetized, you will be taken to the waiting area as soon as your child is asleep.

### **Will I be allowed in the recovery room when my child wakes up?**

When your child is awake and medically stable, one parent will be allowed in the post-anesthesia care unit (PACU). After your child is moved to the second recovery unit and is preparing to go home, both parents may be present. Siblings are not allowed in recovery rooms.

### **How will pain medicine be given?**

Pain medicine is usually given intravenously. If needed, your child may be given oral medicine to take home.

## PATIENT CONSENT FORM SWEDISH MEDICAL CENTER DEPARTMENT OF ANESTHESIOLOGY

Anesthesiology is a specialty of medicine. Your anesthesiologist is a doctor trained to provide you with anesthesia care during the course of a medical, surgical, or obstetrical procedure. Your anesthesia care will be provided by one or more anesthesiologists who are members of the Swedish Department of Anesthesiology. This Patient Consent Form is a supplement to the Consent for Surgery or Other Invasive Procedural Treatment Form.

The information that follows is a description of the anesthesia or sedation to be used and a listing of the risks that possibly could occur. The information will hopefully enable you to understand your anesthetic procedure and allow you to ask questions of your anesthesiologist. This list is not meant to scare you or discourage you from having your procedure, but rather to inform you that all medical procedures carry risk, and rare events do happen. Such risks and complications may include but are not limited to:

**General Anesthesia:** Nausea, allergic/adverse drug reaction, sore throat, hoarseness, injury to lips/teeth/vocal cords/airway, infection, pneumonia, aspiration, nerve injury, eye injury, injury to arteries or veins, awareness under anesthesia, seizures, paralysis, stroke, injury to the heart/lungs/brain, and death.

**Neuraxial Anesthesia** (Epidural or Spinal): Backache, headache, blood pressure changes, failure of epidural or spinal to be effective and need for general anesthesia, bleeding, drug reaction, respiratory distress, infection, nerve injury, paralysis, seizures.

**Regional Anesthesia:** Minor pain or discomfort, allergic reaction, failure of the regional block to work, bleeding, infection, nerve injury, injury to arteries or veins, residual numbness or weakness, respiratory distress, seizures, spinal or epidural block, headache, stroke, injury to heart/lungs/brain, death, and need for general anesthesia.

**Transesophageal Echocardiography:** Sore throat, injury to lips, teeth, mouth, throat, esophagus, or stomach, hoarseness, difficulty swallowing, painful swallowing, aspiration, and infection.

I understand that receiving anesthesia for any surgery or procedure involves risk, and no promises or guarantees can be made regarding my response to anesthetic agents, other drugs, or procedures associated with my anesthetic care. All procedures may carry unforeseen risks.

I understand that for certain procedures more invasive monitoring may be needed, such as arterial lines, central lines, or transesophageal echocardiography. During my procedure, my physical condition could change, and therefore the type of anesthesia and/or monitoring might need to be changed. Any change in my anesthesia plan would be made with my safety being the first concern of my anesthesiologist.

I certify that I have informed my anesthesiologist and other health care providers of all medications, including prescription, over the counter, alternative remedies and supplements, and any other recreational drug or alcohol use. I also certify that I have informed my doctor of all my known allergies, my medical history, as well as any problems with any of my past anesthetics. I understand that Swedish is a teaching facility, and that residents or fellows may be involved in my anesthesia care under the direct supervision of my anesthesiologist. I also can specifically refuse to allow them to participate in my care. UNLESS I have made it explicitly clear to my surgeon and my anesthesiologist that I wish for my DNR order to remain in effect, I understand that by consenting to anesthesia, I am also consenting to a temporary suspension of any "do not resuscitate" orders until I have made a complete recovery from the effects of anesthesia.

I understand that I have been informed of my anesthetic options, as well as the risks and benefits of the various options. I agree with the anesthetic plan, including the method of administration and monitoring that have been discussed with me. I understand that I have had or will have the opportunity to ask questions and discuss my anesthetic plan until I am satisfied with the answers and information provided. I understand I may withdraw this consent at any time before the anesthetic is begun.

Signature of Patient or  
Patient Representative \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Printed Name of Patient/Representative \_\_\_\_\_

Signature of Anesthesiologist \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Printed Name of Anesthesiologist \_\_\_\_\_

PATIENT LABEL



**SWEDISH**

SEATTLE, WASHINGTON

Form 76248 Nonstock Rev. 9/09 CC

## Things to know before you come for a hospital stay

### Visitors during your stay

Patients are our top priority at Swedish. We know that it helps to have family and friends visit your child in the hospital. However, staff may limit these visits because of the patient's need for care and rest or if the room is shared. Please speak with your nurse about the best time and length for visits. Families and friends are asked to plan visits so that not everyone is visiting at the same time.

### Visitor I.D. badges required after-hours

For safety reasons, visitors who come to the hospital after 9 p.m. or before 5 a.m. will be issued a temporary badge. Please ask the nurse on the unit to help your visitor get an I.D. badge. Anyone without an I.D. badge after hours will be questioned by security.

### Pets and service animals

We know that pets can be a part of a patient's family. However, due to general health issues, only service and therapy animals may come to visit.

### If you smoke

Our mission at Swedish is to improve the health and well-being of each person we serve, including patients, families, visitors, staff, physicians, volunteers and others. Part of that mission is to provide a safe and healthy environment. A healthy environment includes a smoke and tobacco-free facility. Swedish is proud to say we are smoke and tobacco free inside and out, at all campuses and in all our outpatient clinics. This policy includes the use of electronic cigarettes (e-cigarettes) or any other similar device, as well as chewing-tobacco products. While staying in the hospital, your child is not allowed to leave the building to smoke. If your child is dependent on a nicotine product, we offer nicotine-replacement therapies; these are readily available and billed as part of your child's insurance benefits.

Visitors who choose to smoke must not be on Swedish property or in parking garages, and be at least 25 feet from building entrances, exits, windows that can open, air conditioners, vents or other air-intake systems, as outlined by state law.

Swedish supports a program to help you or any of your friends, family or visitors quit smoking. If you would like information about the program, please call 1-800-QUIT-NOW.

### Use of electronic equipment

In the hospital, the indoor use of a cell phone, pager or laptop computer is limited. You must be at least 10 feet from any medical equipment. Hallways and waiting rooms are the best places to use these devices.

### Preventing falls

While you are in the hospital, your child may be at greater risk for falling. This may be due to unfamiliarity with his or her surroundings, medications, altered sleep patterns or tubes, cords and machines that make movement difficult. Because falls can cause new injuries or setbacks in your child's recovery, we want to do everything possible to prevent them. You can help by following these precautions:

- Help your child get in and out of bed
- Help your child move slowly to get up
- Have your child wear non-slip footwear
- Report any spills
- Use a night-light
- Encourage your child to use handrails in bathroom and halls
- If applicable, help your child to use hospital equipment such as walkers and canes

## Communication assistance

Swedish can provide interpretation, sign language interpretation, assistive devices, translated and large-print patient materials free of charge upon request. If you, your child, your visitors or your support person have any vision, speech and/or hearing loss, or if English is not your first language and you need communication support, please notify us.

## Paying for take-home medications

When your child is discharged from Swedish, your doctor may order one or more medications for your child to take at home. The following information will help you plan ahead for this possibility:

- Please bring cash or a debit or credit card to pay for any discharge/take-home prescription(s).
- You may choose to have your child's discharge prescriptions filled by one of our Swedish pharmacies on our campuses (Cherry Hill, Edmonds, First Hill, Issaquah or the Orthopedic Institute) or by an outside pharmacy.
- Ask your doctor or nurse for the signed paper copy of your child's prescription to take with you to the pharmacy. The paper copy is always required, at any pharmacy you choose.
- Please be prepared to pay for your child's prescription when you pick it up. Your portion of the charge is dependent on your child's prescription drug coverage (including private insurance, Medicare, Medicaid, and Labor and Industries claims). If your child has prescription insurance, please have his or her prescription insurance card available at time of pick-up to ensure we have the correct billing information.

## 10 tips for safer health care

### **What you can do to be an active partner in your health care.**

*Good health care happens through a partnership between you and your health care provider. Here are some tips on how you can work with your providers to get the best health care.*

#### **1. Take part in your health care.**

- Tell each provider about what health care you have had and who has provided it.
- Let them know about any other treatments you have tried that were not prescribed by a doctor, such as herbal treatments, home remedies or acupuncture.
- Tell your providers about any cultural and spiritual needs you may have.
- To be sure you understand health care instructions, repeat them to a family member or friend.
- Let any provider know if you are not sure about any part of your care. If you think something might not be safe, tell your providers right away.

#### **2. Ask questions, ask questions, ask questions.**

- When you choose a health care provider, pick one who is easy to talk with about your health care.
- Ask your provider when and how you will get the results of any test or treatment. When you get the results, make sure you know what the results mean for you.
- Have your provider explain your treatment choices, any treatment risks and how treatment may help.
- Get a second opinion if you are not sure about what treatment to choose.
- Learn what changes you need to make to help you get better.

#### **Bonus tips:**

- Make advance decisions about your health care by completing these Advance Directives:
  - A Power of Attorney form that lets you pick who you want to speak for you if you are not able to.
  - A Health Care Directive form, or Living Will, that tells your provider when or if to give you treatment to keep you alive.

- For more help with advance directives, ask:
  - Your provider
  - Your nurse during your preadmission clinic appointment

#### **3. Bring a family member or friend with you to be your partner in care.**

- Pick someone who will speak up for you and help get things done for you.
- Show your partner in care where to find your medical records at home. Let them know what medicines you take and where they are located.
- Plan for your partner in care to stay with you during exams, treatments and in the hospital.
- It's OK for your partner in care to ask questions and take notes.

#### **4. Require each provider to know who you are before they treat you.**

- Ask providers to check two forms of identification each time they care for you.
- If you are given a wristband, be sure it has your name on it and that your name is spelled right.
- Also, look for the name badge on all providers who are caring for you.

#### **5. Share a list of all medicines you take with your providers.**

- Include all medicines, vitamins, herbs and supplements on the list.
- Bring the list with you to every visit.
- Let your provider know about your allergies.
- Let your provider know if you have had a bad reaction to any medicines.

## 6. Know about your medicines.

- Ask your provider what a new medicine is for and how it will help you.
- Have the brand names and any other names for the medicine written down for you.
- Find out how to take the medicine and for how long.
- Ask the pharmacist for written information about what to watch for when you take the medicine.

## 7. Prevent infection.

- Use alcohol hand gel or wash your hands. Hand cleaning is the most important thing you can do to keep from getting sick.
- Ask anyone who takes care of you, “Did you use alcohol hand gel or wash your hands?”
- Tell family and friends not to visit or be with you if they have a cold, flu or cough.

## 8. Prepare for treatments and operations.

- Before your treatment or operation, know what medicines to take or not take, what you can or cannot eat or drink, and what you should or should not wear.
- Make sure that you and your providers all agree on what will be done during the treatment or operation.
- Help your provider find and mark the part of your body that will be operated on.
- Make sure only the part of your body having the operation is marked. It can be confusing if other sites are marked.

## 9. Ask your provider to explain what you need to do to care for yourself at home.

- Find out when you can start your usual activities again.
- Get the telephone number of who to call with questions.
- Find out when and where you will have your next appointment.
- Have a family member or friend listen to the instructions.

## 10. Learn about your health care and treatment.

- Get as much information as you can about your health care and treatment.
- Visit our Online Health Library at [www.swedish.org/healthlibrary](http://www.swedish.org/healthlibrary). The online library is a rich resource with procedure and surgery fact sheets as well as information on many conditions, medications and treatment options.



IF YOU HAVE QUESTIONS ABOUT ANY PART OF YOUR CARE, IT'S OK TO ASK.

# FAQs

(frequently asked questions)

## about “Surgical Site Infections”

### *What is a Surgical Site Infection (SSI)?*

A surgical site infection is an infection that occurs after surgery in the part of the body where the surgery took place. Most patients who have surgery do not develop an infection. However, infections develop in about 1 to 3 out of every 100 patients who have surgery.

Some of the common symptoms of a surgical site infection are:

- Redness and pain around the area where you had surgery
- Drainage of cloudy fluid from your surgical wound
- Fever

### *Can SSIs be treated?*

Yes. Most surgical site infections can be treated with antibiotics. The antibiotic given to you depends on the bacteria (germs) causing the infection. Sometimes patients with SSIs also need another surgery to treat the infection.

### *What are some of the things that hospitals are doing to prevent SSIs?*

To prevent SSIs, doctors, nurses, and other healthcare providers:

- Clean their hands and arms up to their elbows with an antiseptic agent just before the surgery.
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for each patient.
- May remove some of your hair immediately before your surgery using electric clippers if the hair is in the same area where the procedure will occur. They should not shave you with a razor.
- Wear special hair covers, masks, gowns, and gloves during surgery to keep the surgery area clean.
- Give you antibiotics before your surgery starts. In most cases, you should get antibiotics within 60 minutes before the surgery starts and the antibiotics should be stopped within 24 hours after surgery.
- Clean the skin at the site of your surgery with a special soap that kills germs.

### *What can I do to help prevent SSIs?*

#### **Before your surgery:**

- Tell your doctor about other medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.

- Quit smoking. Patients who smoke get more infections. Talk to your doctor about how you can quit before your surgery.
- Do not shave near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection.

#### **At the time of your surgery:**

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved and talk with your surgeon if you have any concerns.
- Ask if you will get antibiotics before surgery.

#### **After your surgery:**

- Make sure that your healthcare providers clean their hands before examining you, either with soap and water or an alcohol-based hand rub.

**If you do not see your providers clean their hands, please ask them to do so.**

- Family and friends who visit you should not touch the surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after visiting you. If you do not see them clean their hands, ask them to clean their hands.

### *What do I need to do when I go home from the hospital?*

- Before you go home, your doctor or nurse should explain everything you need to know about taking care of your wound. Make sure you understand how to care for your wound before you leave the hospital.
- Always clean your hands before and after caring for your wound.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- If you have any symptoms of an infection, such as redness and pain at the surgery site, drainage, or fever, call your doctor immediately.

If you have additional questions, please ask your doctor or nurse.

Co-sponsored by:



# Notes



## Notes

## Directions and parking

### Cherry Hill

500 17th Ave.  
Seattle, WA 98122

**From the south:** Take I-5 northbound to the James Street Exit (164). Turn right (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson (west). Turn right into the main entrance (north).

**From the north:** Take I-5 southbound to the James Street Exit (165A). Turn left (east) on James Street. James will become Cherry Street. Turn right (south) on 18th Avenue. Turn right on Jefferson (west). Turn right into the main entrance (north).

### Parking

Short-term parking is available in the Plaza Garage. Enter from the main driveway. Long-term parking is available in the 16th Avenue Garage, on 16th Avenue. From the main entrance of the hospital, turn right on Jefferson (west). Turn right on 16th (north). The garage entrance is up the block on the left. Valet parking is available at the main entrance.

### Preadmission and Surgery

Check in for preadmission and surgery is located at the registration desk in the main lobby.

### First Hill

**Main hospital**  
747 Broadway  
Seattle, WA 98122

**Orthopedic Institute**  
601 Broadway  
Seattle, WA 98122

**From the north:** Take I-5 southbound to the James Street Exit (No. 165A). Turn left (east) onto James.

**From the south:** Take I-5 northbound to the James Street Exit (No. 164A). Turn right (east) onto James.

Travel six blocks to the intersection of James and Broadway. Turn left (north) onto Broadway. The entrance to the main hospital is on Broadway, 1.5 blocks to the left. The entrance to the Swedish Orthopedic Institute is on Cherry Street, one block to the left.

### Parking

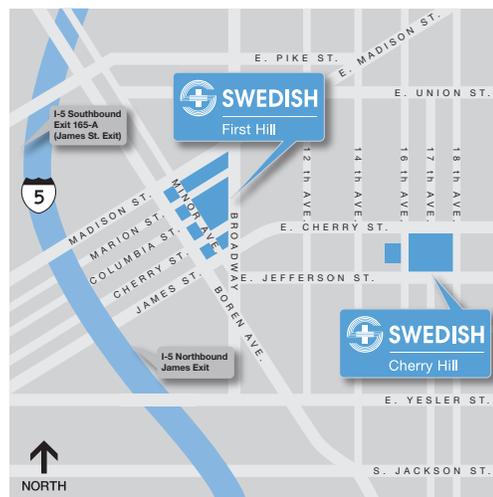
For the main hospital, turn left into the circular drive of the front entrance and follow the signs to the garage. For the Orthopedic Institute, turn left on to Cherry Street; the garage entrance is on the left.

### Preadmission

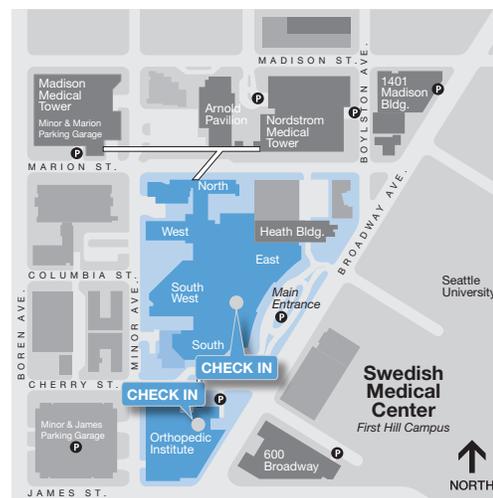
Check in for preadmission (main and orthopedic) is located in the main hospital at the registration desk off the first floor lobby.

### Surgery

Check in for surgery at the main hospital is located at the registration desk off the first floor lobby. Check in for surgery at the Orthopedic Institute is located on the second floor of the Orthopedic Institute.



CHERRY HILL CAMPUS



FIRST HILL CAMPUS

## Ballard

5300 Tallman Ave. NW  
Seattle, WA 98107

**From the north:** Take I-5 southbound to the 85th Street Exit (No. 172). Turn right (west) onto 85th. Travel 30 blocks to the intersection of 85th and 15th Avenue NW. Turn left (south) onto 15th Avenue NW. Travel 16 blocks to the intersection of 15th and Market Street. Turn right (west) onto Market. Travel three blocks and turn left (south) onto Tallman Avenue NW. Turn right into the entrance of the parking garage.

**From the South:** Take I-5 northbound to the 45th Street Exit (No. 169). Turn left (west) onto 45th Street. Note: 45th Street becomes 46th Street and then becomes Market Street. Travel west on Market 17 blocks to the intersection of Market and 15th Avenue NW. Cross 15th. Travel for three blocks and turn left (south) onto Tallman Avenue NW. Turn right into the entrance of the parking garage.

### Preadmission and surgery

Check in for preadmission and surgery are on the third floor of the hospital in the south wing.

## Issaquah

751 NE Blakely Drive  
Issaquah, WA 98029

**From the east or west:** Travelling east or west on I-90, take exit 18 for E. Sunset Way/Highlands Drive.

- **If travelling east,** keep left at the fork and merge onto Highlands Drive NE.
- **If traveling west,** turn right (north) onto Highlands Drive NE/ E. Sunset Way; continue to follow Highlands Drive NE.

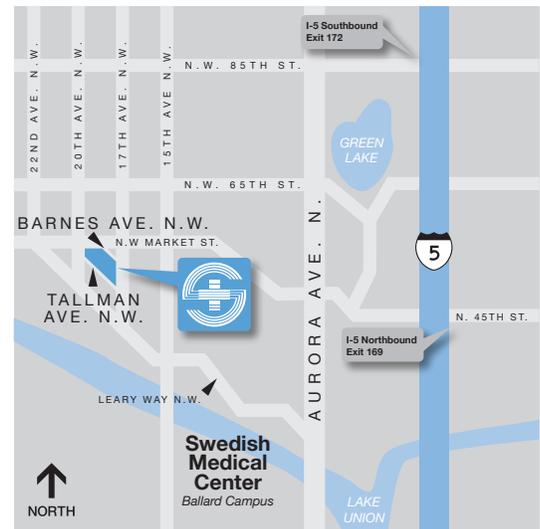
Turn left (west) at the first traffic light onto NE Discovery Drive (492 feet). Turn left (south) at the next light onto Eighth Avenue NE (0.2 miles). Travel down Eighth Avenue until it turns into the Swedish Issaquah main entrance. Immediately turn right to enter the underground parking garage. Parking is also available on the surface lots.

### Preadmission

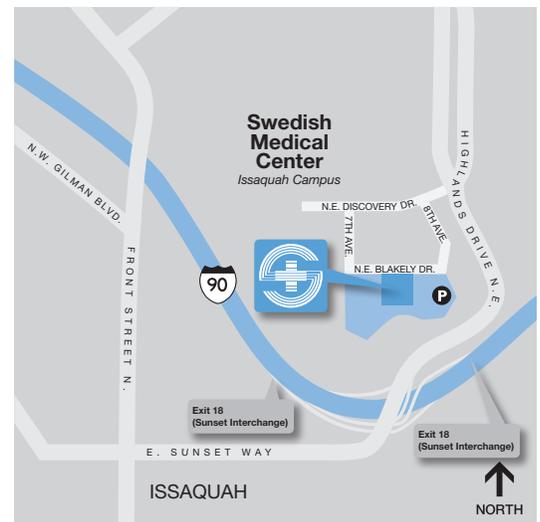
Check in for preadmission is on the third floor.

### Surgery

Check in for surgery is on the first floor.



BALLARD CAMPUS



ISSAQUAH CAMPUS



www.swedish.org