

# Safety Information

## PREVENTING BLOOD CLOTS

### Anticoagulation Medication

You may be given an anticoagulation medication to prevent blood clots before or after surgery. Your surgeon could prescribe this medication depending on the type of surgery and your medical history.

### Movement

Movement is vital to preventing blood clots. After surgery you will be asked to wiggle your toes, rotate your ankles, pump your feet, and, when safe, get up and walk, with assistance.

### Sequential Compression Devices (SCD's)

SCD's gently squeeze your lower legs to help return blood flow to the heart. It is important to wear SCD's when you are in bed or in a chair throughout your hospitalization

### Signs and Symptoms of a Blood Clot

Immediately notify your nurse (while in the hospital) or call your surgeon (if you've already been discharged from the hospital), if you have any of the following signs or symptoms of a blood clot:

- A red streak.
- An area that is painful.
- An area that feels warm touch.
- Any swelling.

## PREVENTING INJURY

### Bed Sores

Bed sores, or skin injury, can occur when we stay in one position for too long while in bed or in a chair. To prevent this type of skin injury, make sure you change positions at least every hour or two while you are awake.

### Falling

Patients are often unsteady on their feet or light-headed after surgery. After your surgery or procedure, do not get up without the help of the nursing staff.

## PREVENTING INFECTION

### Coughing & Deep Breathing

Coughing & deep breathing can help clear your lungs and prevent pneumonia. After surgery you should take 8 to 10 deep breaths every hour while awake.

**Hand washing:** Hand washing is the best way to fight the spread of germs. Wash your hands with antiseptic soap or alcohol-based hand gel after eating, using the bathroom, and before touching your dressing. We ask everyone (staff and visitors) to wash their hands with soap and water or hand gel. Speak up if someone does not wash their hands.

**Smoking:** Patients who smoke get more infections. Talk to your doctor about how you can quit smoking before your surgery.

**Bathing:** Proper pre-op and post-op hygiene is very important to prevent infections. An example of adequate hygiene includes showering and washing your hair on the morning of surgery without using lotions, powders, hair products or makeup. Be sure to put on clean clothes after showering.

**Antibiotics:** You may receive an antibiotic prior to your surgery and continue throughout your hospitalization or after discharge, depending on your surgery.

**Signs and Symptoms:** Notify your surgeon if you have any of the following signs of a surgical site infection:

- Redness and pain around the area where you had surgery.
- Cloudy drainage from your surgery site.
- Fever or body chills.

## FOR YOUR SAFETY

### Two Patient Identifiers

To ensure your safety, you will be asked your name and birth date frequently, such as before a procedure or before giving you medication. We want to make sure that the right person is getting the correct treatment

### Staff badges

All staff members are required to wear an identification badge in a place where you can see it. Feel free to ask anyone for his or her hospital identification.

### Allergies

Tell your surgeon, anesthesiologist and nurses about any medication allergies or bad reactions to anesthesia.