

Infection Prevention

Heywood Healthcare is committed to working with all surgical patients to prevent infections. One of the risks of having surgery is a wound infection. The following is our plan of care which includes involving you to help prevent infections.

To prevent an infection before you have surgery:

- Wash with Hibiclens (Chlorhexidine) soap and brush two days prior to surgery, day before surgery and day of surgery. The supplies will be provided by the surgeon's office or at your PAT appointment. If you are allergic to chlorhexidine you will be instructed to use Dial soap.
- Do not shave your body the day before or the day of surgery.

To prevent infections during your stay, we:

- Clean your skin with a special cleanser prior to your surgery.
- May give you an antibiotic medication.
- Will administer warm IV fluids during surgery and cover you with blankets.
- Monitor your temperature.
- Instruct family members and friends to wash their hands before and after visiting you.
- Teach you about taking care of your wound.
- Reinforce who to contact if you have questions after you go home.

To prevent infections when you are discharged from the hospital:

- Always clean your hands before and after caring for your wound at home.
- Brush teeth at least twice a day and walk around.
- Call your doctor immediately if you have signs of infection, such as, redness, increased pain at the surgical site, drainage, body aches, or fever.

Heywood Hospital Pre-Admission Testing

Monday-Friday, 8:00am-4:30pm

Located at the South Entrance of
Heywood Hospital on the Ground Floor

Valet parking available

Athol Hospital Pre-Admission Testing

Monday, Wednesday, Friday, 7:00am-3:30pm

Located in the Short Stay Unit of
Athol Hospital on the Third Floor

Your PAT is scheduled for

Date

Time

- Phone interview In person interview

Your surgery is scheduled for

Date

Time

You will be called the day before surgery between 2:00-3:00pm and be told what time to arrive to Surgical Day Care. If you have questions or would like more information, please call Heywood Hospital at 978-630-6446 or 978-249-1235 for Athol Hospital.



ATHOL HOSPITAL | HEYWOOD HOSPITAL | HEYWOOD MEDICAL GROUP | QUABBIN RETREAT

242 Green Street, Gardner, MA 01440 | (978) 632-3420 | heywood.org
2033 Main Street, Athol, MA 01331 | (978) 249-3511 | atholhospital.org



Pre-admission Testing



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Pre-admission Testing (PAT)

Our goals are to provide the highest level of safe quality care, and make you comfortable before, during and after surgery. To achieve these goals, it is important that the healthcare team have all your current and past medical information. This information will be gathered and reviewed during your PAT interview, which will be either be via telephone or in person, depending on your health status.

- PAT telephone interview takes approximately 30 minutes.
- In person PAT interview takes approximately 45 minutes.
- Please have the following information available for the interview:
 - Food and medication allergies
 - Medical history
 - Surgical history
 - Anesthesia history
 - List of medications – prescriptions and over the counter drugs
- EKGs, labs, physical therapy, and/or chest x rays may be ordered by your physician. They should be done at least one week prior to surgery or at the time of your PAT appointment.
- A nasal swab may be taken by the nurse at your PAT appointment for patients being admitted after surgery or requested by the surgeon. This is to detect any carrier of a MRSA bacteria which potentially could generate an infection after surgery. If positive you will be given an antibiotic ointment prescription to administer prior to surgery.
- Instruct family members and friends to wash their hands before and after visiting you in the hospital.

On the day of your surgery...

EATING

DO NOT

- Eat or drink after midnight (the night before your surgery). This includes gum, hard candy, breath mints, cough drops, or chewing tobacco.

MEDICATIONS

DO

- Take medications as prescribed up until the day of surgery.
- Take medications as instructed by your doctor or PAT nurse the day of surgery with sips of water only.
- Bring inhalers.
- Bring a list of your medications, including dosages with last date and time taken.

DO NOT

- Take anti-inflammatory medications (such as Motrin, Aleve, Advil) 10 days prior to your surgical date.
- Take multivitamins, herbal supplements, erectile dysfunction medications 14 days prior to your surgical date.

If taking anticoagulants such as Coumadin, Pradaxa, Plavix, Lovenox, Xeralto and Aspirin, please follow instructions as prescribed by the doctor.

MEDICATIONS

DO

- Shower with the Hibiclens brushes provided to you by your surgeon or PAT nurse two days prior, one day prior, and morning of surgery.
- Brush your teeth.
- Call your surgeon if you have an unexpected illness, fever, sore throat, flu like symptoms, or infection.
- Wear loose, comfortable clothing.
- Complete and bring your healthcare proxy with you.
- Bring glasses with case, dentures, hearing aids, CPAP machine.
- Let the nurse know if you have any pain, nausea or other concerns while you are a patient.
- Designate one individual to be your contact person.
- Arrange to have an adult to drive you home.

DO NOT

- Use perfume, cologne, powder, skin cream/ lotions or hair products or deodorant.
- Wear jewelry, including all rings and body piercings, makeup, contact lenses, nail polish or hair accessories.
- Bring valuables.
- Shave your surgical site.

For your safety, you must be discharged with a responsible adult. No cabs allowed. Family members may wait in the waiting area or leave a designated phone number with the nurse.

Heywood Healthcare REQUIRES that you have a ride home. No taxis, unless accompanied by a responsible adult. No walking home and no driving yourself.