

After the Hospital

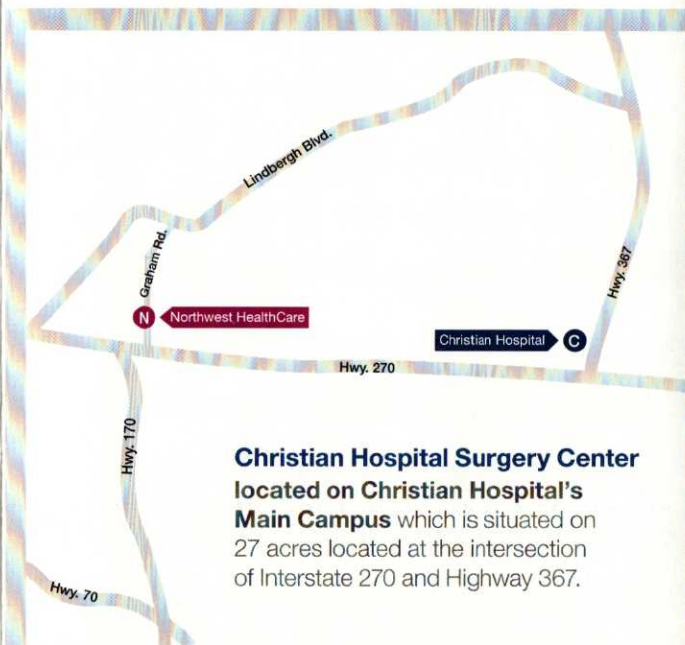
When you're ready to go home

- Ask for your care plan before you leave the hospital.
- Have your nurse or the hospital pharmacist go over each medication with you and, if possible, another family member or friend.
- Ask which medications you should be taking.
- Update your medication list from home. Look for any changes.
- Call your doctor and tell him/her about any medication changes that may have occurred in the hospital.
- Watch for signs of infection: unexpected pain, chills, fever, drainage, or redness of a surgical wound. Call your doctor as soon as possible if any of these occur.
- Make sure you make a follow-up appointment with your doctor as instructed.
- Know that a period of rest and recovery at home is common and expected.

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Christian Hospital Surgery Center
located on Christian Hospital's
Main Campus which is situated on
27 acres located at the intersection
of Interstate 270 and Highway 367.

Christian Hospital

11133 Dunn Road
St. Louis, MO 63136

314-653-5000
www.christianhospital.org

Christian hospital is **BJC** HealthCare in North County

Welcome to Christian Hospital's Surgery Center



*Care for Life*SM

Things to know before,
during and after your surgery.

BJC HealthCare

Before Surgery

- Ask your doctor if you need shots to prevent against the flu and pneumonia.
- Your doctor will give you instructions as to a special bath or shower the evening before and the morning of your surgery.
- If you are diabetic, be sure that you and your doctor discuss the best way to control your blood sugar before, during, and after your hospital stay. High blood sugar increases the risk of infection.
- If you are overweight, losing weight will reduce the risk of infection following surgery.
- If you are a smoker, consider a stop-smoking program. This will reduce your chance of getting a lung infection while in the hospital. It may also help in healing after surgery.

Our Goal ...

To provide you and your family with an excellent surgical experience.

While In the Hospital

- Wash your hands carefully after handling any type of soiled material or body fluids. This is especially important after using the bathroom.
- Inform your nurse if your gown or linens are soiled.
- Since you are part of your health care team, do not be afraid to remind doctors or nurses to clean their hands. This includes washing their hands with soap and water or using an alcohol-based handrub before caring for you.
- If you have an IV, keep the skin around the dressing clean and dry. Promptly tell your nurse if the dressing is loose or wet.
- If you have a dressing on a wound, let your nurse know promptly if it becomes loose or wet.
- Family and friends who visit you should not touch the surgical wound or dressings and should be encouraged to clean their hands before and after visiting with you. Ask them to clean their hands if you do not see them do so.
- If you have any type of catheter or drainage tubes, let your nurse know promptly if it becomes loose or dislodged.
- Any tubes going in and coming out of your body may cause some difficulties. Talk with your doctor and ask that they be removed as soon as possible.
- Carefully follow your doctor's care instructions. You need to deep breathe and you must get out of bed when instructed. Don't be afraid to ask for help or pain medication.
- You can call the hospital pharmacy at ext. 3-5958 and speak to a pharmacist to talk about your medications.
- Review all of your medications before you take them. If you don't know what they are for, ask the nurse or doctor. If they look different than what you regularly take — ask why. By asking questions, you can help prevent errors.
- Your hospital ID bracelet must be checked every time before you are given medications. This helps prevent you from receiving the wrong medications.

