

# WEIGHT LOSS SURGERY *Guide*



**Baylor Scott & White**

**MEDICAL CENTER**

**FRISCO**

*Joint ownership with physicians*

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## *Dear Guest,*

At Baylor Scott & White Medical Center – Frisco, we believe that healthcare should be about you and your family. We strive to deliver healthcare compassionately and to act with absolute integrity. Our team of professionals will work closely with you and your family to provide an ideal patient experience. We want to help you heal quickly and get back to the life you enjoy.

We want to put your mind at ease by including you as an active participant in your care. If, at any time, you have questions or concerns regarding your medical treatment, please do not hesitate to ask your physician. Our nurses and staff are always available to answer your questions and to help you in any way possible.

If, at any time, you believe you are not being treated in a professional, courteous or fair manner, please dial 214.407.5015, and our administration will be on hand to help you.

We are committed to you, our patient, and want you to receive quality care during your visit here at Baylor Scott & White – Frisco. Thank you for allowing us to care for you. It is our privilege to be your healthcare provider.

Sincerely,

*Mickey Morgan, MD*

Chairman, Board of Managers

Baylor Scott & White Medical Center – Frisco

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## ABOUT OUR HOSPITAL

### *About Our Hospital*

#### **Complimentary Valet Service**

Patients and visitors may use our complimentary valet service at the main entrance of the hospital. Valet services are available Monday through Friday from 6:30 a.m. to 5 p.m.

#### **Guest Information**

Our hospital main entrance is open 24 hours per day. We do not have set visiting hours, but we ask that your family and friends be sensitive to your recovery needs. Children under 12 must be accompanied by an adult.

#### **Inpatient Rooms**

At Baylor Scott & White – Frisco, all rooms are private. Each room is equipped with a couch that folds into a bed, if an adult family member would like to stay with you overnight.

#### **Dining**

During your stay with us, you will order your food through our Dine on Demand service. A room ambassador will take your order, or you may place an order at any time by dialing ext. 5757 on your hospital room phone. Each patient meal also comes with a complimentary guest meal if a family member would like to eat with you.

#### **Tobacco-Free Campus**

To promote a healthy lifestyle, Baylor Scott & White – Frisco’s campus is tobacco-free with no designated smoking areas.

### *Resources*

#### **USEFUL PHONE NUMBERS**

Registration.....	214.407.5271
Pre-Admission Testing.....	214.407.5166
Social Services.....	214.407.5437
Center of Excellence Manager .....	214.407.5128
Center of Excellence Coordinator .....	214.407.5168
Post-Surgical Unit Manager .....	214.407.5250
Post-Surgical Unit Director .....	214.407.5188
Chief Nursing Officer .....	214.407.5190
Senior VP Clinical Services .....	214.407.5050
House Supervisor (after hours).....	214.369.2947
Bariatric Coordinator .....	214.407.5260

## RESOURCES

**COMPLAINTS / COMPLIMENTS**

We appreciate your comments. The employees at Baylor Scott & White – Frisco believe your comments allow us the opportunity to grow. You will receive a survey about your hospital stay after you return home. Please fill this survey out and return it as indicated. We value your input.

**Complaints**

Baylor Scott & White – Frisco prides itself in the customer service we provide for our patients and their families. If, at any time, you are not satisfied with your care or your room, please let us know immediately.

You may file a complaint by contacting any of the following personnel:

- Post-Surgical Unit Manager.....ext. 5250
- Patient Advocate .....ext. 5180
- Bariatric Coordinator.....ext. 5260
- Chief Nursing Officer.....ext. 5190

**Compliments**

Our nurses and hospital staff strive to make your stay a pleasant experience. If you feel someone has gone above and beyond to care for you or your family member, please take the time to fill out a Pursuit of Excellence card. Pursuit of Excellence cards are located in the front lobby outside the cafeteria, the nurses stations, or may be obtained by asking one of our staff members.

Pursuit of Excellence cards are read by senior administration, the director, department manager and the employee.

*Surgery Checklist*

**USE THIS CHECKLIST TO HELP PREPARE YOU FOR SURGERY**

Medical clearance appointment date/time: \_\_\_\_\_

Specialist appointment (if applicable) date/time: \_\_\_\_\_

Complete pre-admission paperwork on BaylorFrisco.com under the Patients and Visitors tab

Call received from pre-admission nurse

Call received from registration

Quit smoking. For help, call 1.800.NO.BUTTS (1.800.662.8887)

Medical equipment received (if applicable)

Discuss my discharge plan with my family and friends

Surgery date/time: \_\_\_\_\_

Arrival time: \_\_\_\_\_ a.m./p.m.

**COMPLAINTS/  
COMPLIMENTS**

**SURGERY  
CHECKLIST**

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## PREPARING FOR SURGERY

### *Preparing for Surgery*

#### **FIND YOUR SUPPORT PERSON**

Weight loss surgery is a journey, and it is important to have someone with you during this time. Your support person can be your spouse, family member, friend or relative that will help you during recovery.

#### **PRE-CERTIFICATION AND AUTHORIZATION**

Many insurance companies require pre-certification or pre-authorization for surgery. Please contact your insurance company or notify them of your upcoming surgery. If pre-authorization or pre-determinations are required by your insurance company, contact your physician's office and have them contact your insurance provider.

- Workman's compensation and some managed care plans require approval for surgery before a surgical date can be selected.
- You may log onto [BaylorFrisco.com](http://BaylorFrisco.com) for a current list of contracts with insurance plans along with contact phone numbers for individual departments throughout the hospital.
- If you work, remember to notify your employer and have your surgeon's office complete any FMLA or short-term disability paperwork prior to your surgery.

#### **PRE-ADMISSION TESTING AND APPOINTMENTS**

To make sure you are healthy enough to tolerate your surgery well, your surgeon may require you to be seen by an internal medicine doctor prior to your surgery. At this appointment, you may have tests completed, such as blood, urine or an electrocardiogram (EKG) to evaluate your heart. You will discuss your medical history with the pre-admission nurse and the internal medicine physician. The results of this appointment will let us decide if you are ready for surgery. If necessary, you may be required to see a heart or lung doctor as well. To schedule an appointment for pre-admission testing, please call 214.407.5166.

#### **HOME MODIFICATIONS**

To make your home safer and more practical after your surgery, a number of simple changes can be made. Your physical therapist may have additional suggestions for you during your hospitalization.

- Remove any trip hazards around your home (rugs, cords) and move frequently used items to places you can easily reach them.
- Arrange for assistance with household chores, driving and errands.
- Arrange for help with childcare and pets.
- Have low-sugar or sugar-free clear liquids and protein supplements ready for you at home.
- Make sure lamps can be turned on and off easily, preferably from bed.
- Have available a high, stable chair with a firm seat cushion and armrests.

## Your Home Medications

### PLEASE FILL OUT THE LIST BELOW

The pre-admission nurse will want to discuss these medications with you either during your pre-admission appointment or via phone.

MEDICATION	DOSE How much do you take?	FREQUENCY How often do you take it?	INDICATION What is it for?	OK TO TAKE THE MORNING OF SURGERY?	STOP THIS MEDICATION

Allergies: \_\_\_\_\_

Medications you are allergic to: \_\_\_\_\_

\_\_\_\_\_  
Your reaction to those medications: \_\_\_\_\_

\_\_\_\_\_

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## YOUR SURGICAL TIMELINE

### *Your Surgical Timeline*

#### **ONE MONTH PRIOR TO SURGERY**

- ✓ Ensure all medical leave of absence paperwork is submitted to your surgeon's office.

#### **TWO TO THREE WEEKS PRIOR TO SURGERY**

- ✓ Pre-admission testing completed (if applicable)

#### **SEVEN TO 10 DAYS PRIOR TO SURGERY**

- ✓ Medications

Follow your surgeon's specific instructions regarding your home medication. It is important to **stop all blood thinning medications seven to 10 days prior to surgery**. This includes aspirin, aspirin-containing products, ibuprofen or certain anti-inflammatory drugs (Celebrex, Meloxicam, Aleve). It is also important to discontinue the use of over-the-counter supplements at this time. Please refer to your surgeon for questions. If you take prescription blood thinners (Lovenox, Coumadin, Eliquis), please get specific instructions from your surgeon.

#### **THE DAY BEFORE SURGERY**

- ✓ Shower the night before surgery, but **do not** shave the area of your surgery.
- ✓ No food or drink after midnight the night before your surgery.

#### **DAY OF SURGERY**

- ✓ Arrive to the hospital at your scheduled time and report to the front desk in the main lobby.
- ✓ Wear comfortable, loose-fitting clothing.
- ✓ Do not wear makeup or nail polish.
- ✓ Leave valuables and jewelry at home.



## Packing List

### MEDICAL ITEMS

- CPAP or BIPAP machine (if applicable)
- Home medications in the original bottles **excluding**:
  - Anxiety or sleep medication, including Lorazepam, Alprazolam, Ambien
  - Pain medications, including Oxycodone, Hydrocodone, Morphine, Tramadol, Lyrica
  - Supplements or over-the-counter medications
- Medical equipment as instructed by your surgeon

### PAPERWORK

- Copy of Advanced Health Directive (if applicable)
- Driver's license or photo ID
- Insurance card

### PERSONAL ITEMS

- Loose-fitting clothes (e.g., shorts, sweats, etc.)
- Underwear and socks
- Personal toiletries
- Eyeglasses, contact lenses with case/solution (if preferred after surgery)
- Hearing aids with working batteries
- Dentures
- Phone charger

### DO NOT BRING

- Valuables including jewelry or credit/debit cards

## Keeping You Safe

Keeping you safe is our top priority. We will ask you numerous times throughout your hospital stay to state your name and date of birth and compare it to your identification armband. This ensures that we are providing the right treatment, medication or test during your stay with us.

We want to ensure that we perform the correct procedure on the correct patient at the correct site every time. You will play an active role in this process by verifying your surgery and surgical site with your surgeon as he marks your surgery site in the pre-op waiting area.

Preventing the spread of germs is of utmost importance. Your healthcare team will wash their hands with soap and water or use gel hand sanitizer every time they enter or exit your room. This should also be done by your family members and other visitors. If you have concerns that your healthcare provider or family have not washed their hands, please voice your concerns. You will also be provided with hand sanitizing wipes that may be kept at your bedside.

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## YOUR CARE TEAM

### *Your Care Team*

The following team of healthcare providers are dedicated to helping you have a successful outcome with your surgery:

- **Your surgeon and physician assistant** will direct your surgical care and will check on you daily to monitor your progress.
- **Your internal medicine physician and nurse practitioner** will direct your medical care and will check on you daily to monitor your progress.
- **Your anesthesiologist or certified registered nurse anesthetist (CRNA)** will provide your anesthesia throughout your procedure.
- **Your circulating nurse and surgical scrub tech** will assist your surgeon during your operation.
- **Your registered nurses (RN)** will assess your progress, assist with any needs, give you medication and provide education before your surgery, in the recovery room and on the surgical floor.
- **Your registered dietitian (RD, LD)** will review your diet and provide dietary education.
- **Your patient care technicians (PCT)** will assist with needs, help you walk to the bathroom and take your vital signs.
- **Your respiratory therapists** will monitor your breathing and oxygenation and provide education and assistance as needed.
- If requested by your surgeon, **your social worker** will evaluate your discharge needs. He or she can assist you in ordering equipment, discharge planning and follow-up needs.
- **Your room ambassador** will visit you around mealtimes and take orders for your meals for both you and your support person.

## ARRIVING FOR SURGERY

### *Arriving for Surgery*

- Please report to the front desk in the main lobby. When you check in at the desk, you will be asked for your insurance card and identification and will receive a pager.
- A staff member will escort you to your pre-op room. You will change into a gown and a nurse will start your IV.
- You will meet your anesthesiologist. He or she will discuss the anesthesia with you, options available, and the best anesthesia technique for your medical history.
- You will meet with your surgeon. He or she will talk with you and will answer any final questions you may have.
- Two family members may wait with you before your surgery.

## DURING SURGERY

### *During Surgery*

While you are in surgery, your family will wait in the front lobby with a pager. Complimentary refreshments and coffee are available in the waiting area. Surgery times vary depending on the type of surgical procedure. If, at any time, your family would like an update on your status, they can request information from our team at the front desk. When your surgery is complete, the staff will escort your family to a consultation room where your surgeon will discuss your progress.

## After Surgery

You will wake up in the post-anesthesia care unit (PACU) and typically will remain there for one to two hours. During this time, you will be closely monitored until you wake up and your heart rate, blood pressure and breathing are normal. Because this is a small area, your family will remain in the lobby area until you are transferred to your inpatient room.

### IN THE PACU

- You will have an IV in your arm, so you can receive medication and fluid.
- You will have oxygen delivered through a tube in your nose.
- You will have a blood pressure cuff on your arm to monitor your blood pressure and a monitor on your finger to watch your oxygen levels.
- You may have a drainage tube from your surgery site to help drain away excess fluid.
- You will have tight, elastic stockings and a compression device on your legs to help prevent blood clots.
- Your nurse will frequently ask you about your pain and will manage your pain as indicated.

When you meet discharge criteria from the PACU, you will be transferred to your inpatient room. A member of the staff will notify your family, and they will be escorted to your room soon after. Some procedures do not require an overnight stay. Some patients may be discharged from the recovery area to home.

### IN YOUR INPATIENT ROOM

When you arrive to your inpatient room, your nurse will be monitoring your vital signs (heart rate, temperature, blood pressure and breathing) frequently. You will be placed on a monitor to continuously watch your heart rate and oxygen levels. Our staff will notify your family members of your arrival to the surgical floor, and they will soon join you in your room.



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## Your Care Plan

The following is an example of what to expect the first few days after your surgery.

### YOUR CARE PLAN

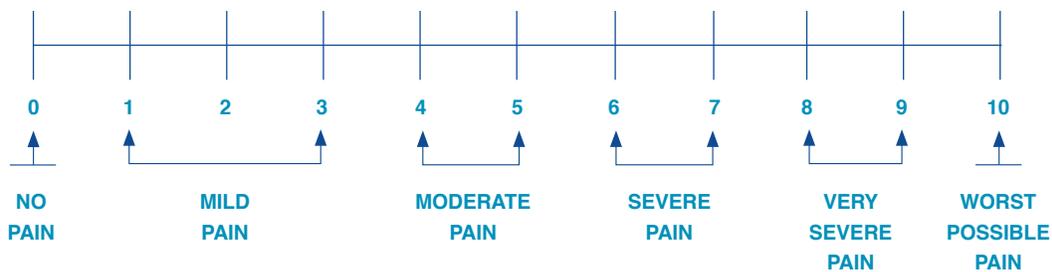
	<b>DAY OF SURGERY</b>	<b>FIRST DAY AFTER SURGERY</b>	<b>FOLLOWING DAYS</b>
<b>SURGICAL CARE</b>	Use the incentive spirometer 10 times every hour while awake. Wear compression devices on legs when in bed.	Plan to sit in a chair for all meals. Use the incentive spirometer 10 times every hour while you are awake. Wear compression devices on legs when in bed.	
<b>PHYSICAL THERAPY</b>	Sit on the edge of the bed or get into a chair. Walk a short distance with your nurse, or with physical therapy, if ordered. Ask for assistance when getting out of bed the first time.	You will be encouraged to walk around the nursing unit several times daily. Walking will keep your blood moving to help prevent blood clots from forming in your legs. It will also help you feel better.	Slowly increase your walking distance. Practice skills needed for home.
<b>DIET</b>	When it is time to start drinking, you will start with a bariatric clear liquid diet. This includes low-calorie, non-carbonated, decaffeinated clear liquids, such as water, Crystal Light or chicken broth.	You will follow the diet your surgeon gave you. A dietitian will meet with you to review your diet prior to discharge.	
<b>MEDICATION</b>	Begin oral pain medication. IV pain medication may be given if needed. Notify your nurse if your pain is not under control. Your home medications will be restarted as approved by your doctor and will be given to you by your nurse.	Continue your home medications that are given to you by your nurse. Continue to manage your pain with oral liquid pain medication.	Continue your home medications as instructed by your doctor. Discuss your new medications with your nurse and surgeon.
<b>BATHROOM</b>	Call your nurse when you need to get up to visit the bathroom.	Call your nurse or caregiver when you need to get up to visit the bathroom.	Call your nurse when you need to get up to visit the bathroom.
<b>DRESSING</b>	You will have either steri-strips or Dermabond skin glue over your incisions.	You will be instructed on how to care for your dressings when home.	
<b>DRAINAGE TUBE</b>	You may have a drainage tube to drain fluid from your surgery site.	Your drainage tube may be removed today. If not, the nurse will show you how to care for the drain and how to record the drain's output until you see your surgeon for a follow-up visit.	
<b>DISCHARGE PLANNING</b>	The bariatric coordinator will visit you to review the education you received pre-operatively, and to answer any questions you may have prior to your discharge from the hospital.	Arrange to have someone take you home when you leave the hospital.	

## Pain

It is important to realize that pain is an integral part of the surgical process. Post-surgical pain helps us to understand your limits when working with physical therapy or when you are ambulating with your nurse. An increase in pain medication can result in decreased breathing and drowsiness. Because of this, it is important that you are not over-sedated with pain medication. We will do our best to keep your pain at a tolerable level; however, it is likely that you will experience some pain after surgery. Your doctor will prescribe different types of pain medications depending on your type of surgery, medical history and pain level.

You will be asked to rate your pain level on a scale of 0-10 multiple times throughout your hospital stay. Please familiarize yourself with the pain scale below.

### PAIN CONTROL



Do not hesitate to ask for pain medication at the first sign of discomfort. Asking for the medication early is better than letting the pain become more severe. If it is too soon for more medication, or if it is not safe to give more medication because of your vital signs or breathing, the nurse may change your position, turn your pillow, or try other alternatives until it is safe for more medication.

### TYPES OF PAIN MEDICATION

The type and amount of pain medication you will receive will be determined by your surgeon based on your medication history and pain level. The different methods in which we will give you pain medications are:

**IV:** The most common IV pain medications that are given after surgery are Dilaudid or Morphine. You may have a PCA (patient-controlled analgesia) pump. It is important to remember that **you are the only person that can press your PCA pump**. For your safety, family and nursing staff should never press your PCA button. Your PCA pump will be weaned off according to your surgeon's orders.

**Oral:** After your surgery, you will be started on an oral pain medication as soon as possible that will be continued throughout your hospital stay. You will be given a liquid pain medication when you are allowed to have clear liquids. It will be the same pain medication you will be taking at home.

Common side effects of pain medication include decreased respirations or breathing, drowsiness, nausea, vomiting, dizziness, constipation, rash, itching, dry mouth and decreased appetite.

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## ACTIVITY

### *Activity*

- Once you are in your room on the post-surgical unit, one of your goals will be to walk.
- The first time you walk, please call your nurse for assistance.
- You may shower and let soap and water run over your incisions. If you have skin glue on your incisions, let it wear off. If you have steri-strips, let them wear off.
- Do not submerge your incisions in water, i.e., no baths, hot tubs or swimming pools.
- Your nurse will show you how to cover your drain dressing before you shower, and how to change the dressing if it becomes wet.
- Your nurse will also show you how to measure and record your drain's output.

### *Returning Home*

When you meet discharge criteria, your surgeon will discharge you from the hospital. Most patients will be discharged home the day after surgery. If you have pain or nausea that is not controlled, you may stay another night. This decision is made between you and your surgeon.

#### **REMEMBER**

- It is normal to feel anxious about returning home after surgery. It is OK to ask your support person, family or friends for help.
- Stay active! Continue to walk frequently during the day.
- Follow any restrictions given to you by your surgeon.
- Keep an eye on your protein and fluid intake. Remember to drink plenty of fluids and to sip slowly about one ounce every 15 minutes.
- Be aware of constipation. This is a common side effect of your pain medication and can cause many problems. Stay hydrated and if your surgeon allows, take a laxative if you think you are getting constipated. Follow the directions on the label.

#### **GOALS FOR GOING HOME**

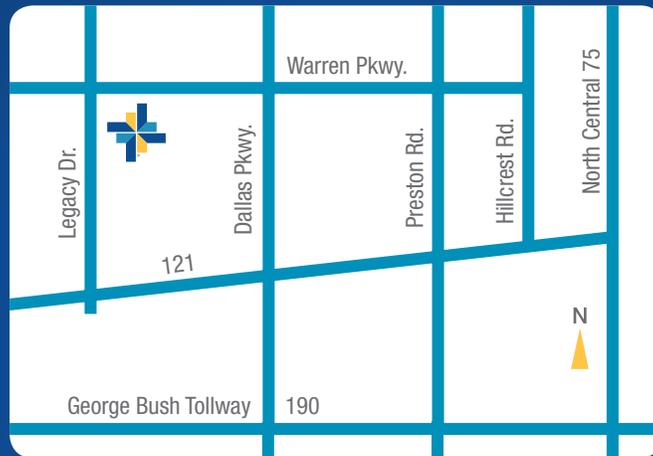
- Communicate your understanding of the diet, including your liquid and protein goals.
- Get in and out of bed without assistance.
- Walk at least five minutes every hour at home to keep blood circulating.
- Demonstrate correct use of your incentive spirometer.
- Use your incentive spirometer 10 times per hour while awake to keep lungs clear.



## RETURNING HOME

## Recognizing and Preventing Complications

COMPLICATION	SIGNS AND SYMPTOMS	WHAT DO YOU DO?	PREVENTION
<b>Blood clot in your leg (Deep Vein Thrombosis, DVT)</b>	Signs and symptoms are usually located in the calf of either leg <ul style="list-style-type: none"> <li>• Swelling</li> <li>• Warmth/redness</li> <li>• Pain</li> </ul>	Take short, frequent walks during the day. Take your blood thinner (if ordered by your surgeon). Rest with your legs elevated.	<ul style="list-style-type: none"> <li>• Short, frequent walks during the day</li> <li>• Take your blood thinner (if ordered)</li> <li>• Rest with your legs elevated</li> </ul>
<b>Blood clot in your lungs (Pulmonary Embolism, PE)</b>	<ul style="list-style-type: none"> <li>• Shortness of breath</li> <li>• Coughing</li> <li>• Chest pain or chest pain with deep breaths</li> <li>• Rapid heartbeat</li> </ul>	<b>Call 911</b>	<ul style="list-style-type: none"> <li>• Short, frequent walks</li> <li>• Take your blood thinner (if ordered by your surgeon)</li> <li>• Rest with your legs elevated</li> </ul>
<b>Infection</b>	<ul style="list-style-type: none"> <li>• Temperature &gt;101.5°</li> <li>*It is common to run a low grade temperature (&lt;101.5°) after surgery</li> <li>• Bright red color around your incision</li> <li>• Increased pain or swelling around your incision</li> <li>• Drainage from your incision site</li> </ul>	Call your surgeon	<ul style="list-style-type: none"> <li>• Keep your incisions clean</li> <li>• Follow your surgeon's instructions regarding care of your dressing</li> <li>• Keep pets away from your incisions</li> </ul>
<b>UTI (Urinary Tract Infection)</b> *If you had a catheter while in the hospital	<ul style="list-style-type: none"> <li>• Burning upon urination</li> <li>• The urge to urinate frequently</li> <li>• Urine that appears cloudy or bloody</li> </ul>	Call your surgeon or primary care physician	<ul style="list-style-type: none"> <li>• Drink lots of fluids</li> <li>• Use the restroom when you feel the urge</li> <li>• Continue with proper hygiene</li> </ul>
<b>Constipation</b>	<ul style="list-style-type: none"> <li>• Having fewer than three bowel movements in one week</li> <li>• Straining to have a bowel movement</li> <li>• Stools that are hard, dry or larger than normal</li> <li>• Pain in the lower abdomen</li> </ul>	Call your surgeon or primary care physician	<ul style="list-style-type: none"> <li>• Stay hydrated</li> <li>• Walk frequently</li> <li>• Take constipation medication as ordered by your surgeon</li> </ul>
<b>Dehydration</b>	<ul style="list-style-type: none"> <li>• Urinating less than three times daily</li> <li>• Dark-colored urine</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Dry mouth</li> </ul>	Sip slowly, about 2 ounces over 30 minutes to start. When home, your goal will be to drink at least 64 ounces of bariatric clear liquids daily.	<ul style="list-style-type: none"> <li>• Stay hydrated</li> <li>• Drink 64 ounces bariatric clear liquids daily</li> </ul> <p>You should be able to urinate at least three times daily if drinking enough fluids, and your urine should be straw-colored.</p>



5601 Warren Parkway, Frisco TX 75034 (Just west of Dallas North Tollway)

Complimentary valet service available Monday-Friday, 6 a.m. to 6 p.m.

Registration desk open 5:30 a.m. to 6:30 p.m.

Concierge can direct you to destinations throughout the hospital



For more information, visit us at [BaylorFrisco.com](http://BaylorFrisco.com) or call **1.844.BSW.DOCS.**

Baylor Scott & White Medical Center – Frisco is a hospital in which physicians have an ownership or investment interest. The list of physician owners or investors is available to you upon request. We are fully licensed by the state of Texas and are Medicare certified. Our facility is also accredited by The Joint Commission. We are an affiliate of United Surgical Partners International, and partnered with local physicians. Physicians are members of the medical staff and are neither employees nor agents of Baylor Scott & White Medical Center – Frisco, United Surgical Partners International, Baylor Scott & White Health, or any of their subsidiaries or affiliates. ©2018 Baylor Scott & White Health BSWMCF\_92\_2018 SC