



Shower Instructions with Hibiclens

Because your skin is not sterile, we want to make sure that your skin is as free from germs as possible before your surgery. Please follow these instructions to reduce your risk infection.

- Do not use Hibiclens to wash the head, face, eyes, ears, mouth, genital or rectal area.
- You will need **TWO** showers, one the night before surgery and one the morning of surgery.

Please follow these steps:

- Step 1:** Wash your hair, face and body with your usual shampoo, conditioner, and soap. Rinse completely.
- Step 2:** Turn off the shower.
- Step 3:** Using the Hibiclens soap provided by USMD or any other antibacterial soap, such as Dial, make a wet soapy washcloth. Gently scrub from the neck down for 3 minutes with special attention to your surgical site.
- Step 4:** After 3 minutes of gentle scrubbing, turn on the shower and completely rinse the Hibiclens soap off your body.
- Step 5:** Towel dry with a fresh clean towel.
- Step 6:** DO NOT shave your skin near the surgical site.
- Step 7:** DO NOT apply any skin-care products (such as lotion, moisturizer, powder, deodorant, or antiperspirant)
- Step 8:** Repeat the same process in the morning.
- Step 9:** If you have any questions, please call the pre-assessment department at 817-472-3732



Fall Risk Handout

Tips to prevent falls while you are in the hospital

1. Do not walk barefoot. Wear non-skid socks or slippers when are out of bed.
2. Get up slowly. Sit for a few minutes on the side of the bed before you stand up.
3. Ask the nursing staff for help getting to and from the bathroom. **This is very important!**
4. For your safety, a member of the nursing staff may stay with you in the bathroom.
5. If you take medicines that cause you to go to the bathroom often, ask for help when you need to get up. Consider using a bedside commode or urinal.
6. Wear your eyeglasses and/or hearing aid(s) when you are awake and out of bed.
7. Walkers and canes can provide support. Other items do not. Do not lean on the bedside table, furniture, IV pole or other items to steady yourself.
8. Ask a member of the health care team to place the call light, cell phone and personal items within your reach before he/she leaves the room.
9. Tell a member of the nursing staff if you have any concerns about your safety.

Tips for Family and Friends

1. Make sure the call light, cell phone and personal items are within easy reach before you leave the room.
2. Consider staying with the patient if he or she is confused or at high risk of falling.
3. Remind the patient to call for help when getting up out of bed.
4. Call the nurse before leaving the patient if he/she is confused.

We welcome any suggestions that will make our hospital a safer place.



Blood Thinner Handout

(Most common blood thinners but not necessarily a complete list)

In preparation for your surgery, you will need to stop taking any medications that have the potential to cause bleeding. If you are taking an over-the-counter medication to thin your blood, such as aspirin, herbals or supplements, please stop this medication 7 days before your surgery **unless otherwise instructed by your physician.**

If you are taking a prescription medication to thin your blood, it is extremely important that both your **surgeon** and the **doctor that has prescribed the blood thinner** determine the optimum timing for stopping this medication. You should follow your surgeon's instructions.

• Advil	• Enoxaparin (Lovenox)	• Oruvail
• Aggrenox	• Etodolac (Lodine)	• Percodan
• Aleve	• Excedrin	• Pepto-Bismol
• Alka Seltzer Products	• Feldene	• Persantine (Dipyridamole)
• Anacin	• Fish Oil (Omega 3)	• Plavix (Clopidogrel)
• Anaprox (Naproxen)	• Flaxseed	• Prasugrel (Effient)
• Aspirin, Baby Aspirin	• Flagmin (Deltaparin)	• Pletal (Cilostazol)
• Bayer	• Garlic	• Pradaxa (Dabigatran)
• Brilinta (Ticagrelor)	• Heparin	• Relafen (Nabumetone)
• Bufferin	• Ibuprofen	• Soma Products
• Celebrex (Celecoxib)	• Indocin	• Ticagrelor (Brilinta)
• Cilostazol (Pletal)	• Ketorolac (Toradol)	• Ticlopidine (Ticlid)
• Clopidogrel (Plavix)	• Lodine (Etodolac)	• Toradol (Ketorolac)
• Coumadin (Warfarin)	• Lovenox (Enoxaparin)	• Vicoprofen
• Dabigatran (Persantine)	• Meloxicam (Mobic)	• Vitamin E
• Dipyridamole (Persantine)	• Melatonin	• Uribel
• Deltaparin (Fragmin)	• Motrin	• Voltaren (Diclofenac)
• Ecotrin	• Multiple Vitamins	• Xarelto (Rivaroxaban)
• Effient (Prasugrel)	• Naproxen	• Warfarin (Coumadin) (Jantoven)
• Eliquis (Capixaban)		

It is safe to take Tylenol / Acetaminophen