



FOX CHASE CANCER CENTER SURGERY GUIDE FOR PATIENTS

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If you prefer your healthcare information to be communicated to you in a language other than English, please inform our registration staff and remind your clinical team of your language preference.

Si prefiere que su información médica se le comunique en un idioma que no sea inglés, por favor informe a nuestro personal de registro y recuérdelo a su equipo clínico la preferencia de su idioma.

Если Вы предпочитаете чтобы Ваша медицинская информация передавалась Вам на языке отличном от Английского, пожалуйста, сообщите сотрудникам регистратуры и напоминайте медицинским работникам о Вашем языковом выборе.

如果您希望我们在与您交流您的医疗信息时使用英文之外的其他语言，请告诉我们的登记人员并提醒您的临床医疗团队您的首选语言。

**All Fox Chase Cancer Center buildings are smoke free.
Please respect our smoke-free policy.**

Cover: Robert G. Uzzo, MD, MBA, FACS

Fox Chase Cancer Center is committed to providing a safe environment for our patients, visitors and staff. As such, it is the policy of Fox Chase Cancer Center to prohibit the personal possession of firearms and all other weapons in the Center or its related building(s) or on any property belonging to Fox Chase Cancer Center, and we request that our patients, visitors and staff refrain from bringing weapons of any kind to the Center.

Temple Health refers to the health, education and research activities carried out by the affiliates of Temple University Health System (TUHS) and by the Lewis Katz School of Medicine at Temple University. TUHS neither provides nor controls the provision of health care. All health care is provided by its member organizations or independent health care providers affiliated with TUHS member organizations. Each TUHS member organization is owned and operated pursuant to its governing documents.

Non-Discrimination Notice: It is the policy of Fox Chase Cancer Center that there shall be no exclusion from, or participation in, and no one denied the benefits of, the delivery of quality medical care on the basis of race, ethnicity, religion, sexual orientation, gender, gender identity/ expression, disability, age, ancestry, color, national origin, physical ability, level of education, or source of payment.



Elin R. Sigurdson, MD, PhD, FACS, FRCS (C)

WELCOME

Thank you for choosing Fox Chase Cancer Center, where our surgical oncologists are widely recognized for their expertise and innovation in cancer surgery. Our surgeons perform thousands of oncologic procedures each year and are trained to take care of the entire spectrum of cancer, including the most complex cases considered untreatable at other institutions.

We recognize this may be a stressful time for you and your family. This guide is designed to help you prepare for surgery at Fox Chase. Our entire team is committed to providing you with excellent care before, during and after your surgery. We are here for you every step of the way.

In addition to offering comprehensive patient care, our surgeons are world-renowned cancer researchers. The results of their work have helped to advance surgical procedures and technology worldwide.

Fox Chase continues to stand at the forefront of new research and technology for cancer patients. We offer some of the world's most innovative surgical techniques. Many surgical procedures performed at Fox Chase are done using minimally invasive techniques, including robotic-assisted surgery, laparoscopic, single-port surgery, video-assisted thoracic surgery (VATS) and transoral laser surgery. For patients, this can mean less pain, fewer complications, shorter recovery times and better outcomes.

PREPARING FOR SURGERY

PRE-ADMISSION TESTING (PAT)

Before your surgery at Fox Chase Cancer Center, we will evaluate you to make sure you are healthy for surgery and anesthesia. This helps to lower the risk of possible problems. Your evaluation may be a scheduled phone call or an in-person appointment at Fox Chase. Your care team will decide which is better for you. Testing is preferred to be done within 30 days of a confirmed surgery date.

Your evaluation will be scheduled at least two weeks before your surgery to make sure all of your tests and doctor visits are complete. Scheduled and walk-in appointments are available. Scheduled appointments are highly encouraged to avoid long wait times and typically last 1.5–2.5 hours, depending on the amount of testing ordered. Walk-in appointments are available for patients who are unable to return to the hospital for a scheduled appointment. We also offer same-day appointments after your clinic visit.

Please drink lots of fluids for your PAT visit. You may eat your regular diet and take your medications. Wear comfortable clothing, and do not use lotions or creams on the day of your visit.

During a visit in PAT, we may:

- Ask you about your health history
- Give you a physical exam and an anesthesia assessment
- Do blood tests, EKG, X-ray or other studies, as needed

WHAT TO BRING

- Completed anesthesia worksheet (if you received one during your clinic visit)
- Government-issued photo ID
- Insurance and prescription card
- List of your medications and doses (including over-the-counter and herbal medications)
- List of allergies
- Names and phone numbers of your doctors

PRE-ADMISSION DEPARTMENT HOURS AND LOCATION

Phone: 215-728-2566 | Fax: 215-728-4314

- Anesthesia and Nursing
Monday–Friday (no holidays), 7am–5pm
- Lab
Monday–Friday (no holidays), 8am–4:45pm

The PAT office is on Floor 1 of the West Building, just down the hall from the main hospital lobby.

See the map on page 21. If you enter from the West Garage, bear left and pass New Patient Registration. At the fork in the hallway, keep left. Turn right at the sign for PAT and enter the PAT registration office. Please arrive 15 minutes before your appointment time.



Sherry Brooks, RN

HOW TO MANAGE YOUR MEDICINES BEFORE SURGERY

- You will be given instructions on how to use your regularly prescribed medications and whether to stop taking them before surgery.
- If you take blood thinners because of a history of heart problems, heart surgery, heart attack, vascular disease or stroke, please **DO NOT STOP** these medications until you are told to do so by Anesthesia.
- You will be told which medications to take on the day of surgery and which medications to stop.
- Stop all herbal medicines two weeks before your scheduled surgery.
- You will be given instructions on when to stop taking over-the-counter medications, like Motrin®, Aleve®, Mobic, ibuprofen or naproxen before your surgery. You may use Tylenol®.

GETTING YOUR HOME READY

Before your surgery, there are a few things to do to make your home safer and more comfortable for when you return:

- Clear paths by moving furniture and throw rugs. This will make more space for you to move around and help prevent a trip or fall. You may need to use a walker, crutches, cane, scooter or wheelchair after your surgery.
- Think about how you will get from the car into your home.
- Have a large, firm pillow to keep your head raised, if needed.
- Stock up on food, toiletries and medications.
- Cook and freeze meals before your surgery.
- Ask a family member or friend to stay with you or come by often for visits after your surgery.
- Make your bathroom safer and easier with raised toilet seats, hand-held showers and shower chairs.

THINGS TO DO TO PREVENT INFECTION

HIBICLENS®

Before surgery, you may be asked to clean your skin with an antimicrobial liquid soap called Hibiclens®. This will help lower the risk of infections after your surgery. **See page 8 for instructions.**

RECOVER

Doing exercises before and after your surgery will help lower the risk of problems, such as soreness, weakness, getting tired easily, and swelling. **See page 13 to learn more.**

SURGICAL SITE INFECTIONS

Surgical site infections (SSIs) may happen after surgery. **See page 16 to learn about prevention and symptoms of SSIs.**

EATING, DRINKING AND SMOKING

- For certain types of surgeries, there may be different rules about what you cannot eat and drink on the days leading up to your surgery. Please follow your surgeon's instructions.
- You will be told what foods and drinks you should not have after your surgery. This is based on your type of surgery and medical history.
- Do not smoke, drink alcohol or use recreational drugs for at least 24 hours before surgery.
- Foods high in protein help your body fight infection and stop muscle weakness. **See page 18 for a list of foods high in protein.**

HANDWASHING

Keeping hands clean is one of the most important things anyone can do to prevent infection. To ensure your surgical site is safe from infection, please wash your hands or use sanitizing hand gel before and after touching your surgical dressing, drains and IV, using the bathroom, and touching surfaces. Your care team will do the same.



Christina S. Chu, MD

YOUR CARE TEAM

In treating cancer, we take a team approach to your care. Below is a description about the roles of the many healthcare professionals on the patient care team.

CLINICIANS

While you are at Fox Chase, you may meet with many clinicians.

- **Attending physicians** are the primary doctors in charge of your care.
- **Fellows** are licensed doctors who have finished training in surgery or medicine and are here for additional training.
- **Residents** are doctors who are finishing training in medicine, surgery or radiation.
- **Hospitalists** are doctors whose focus is the general medical care of hospitalized patients.
- **Advanced practice clinicians** (APCs) have an advanced degree and work closely with your doctor. They include physician assistants and nurse practitioners.
- **Genetic counselors** are licensed professionals who can help you decide if genetic testing for cancer risk is right for you or your family.

NURSING PERSONNEL

Fox Chase nursing personnel meet the highest standards of care. During your stay, you may meet many nurses who will tend to your special needs. To clearly communicate their roles, our registered nurses (RNs) wear navy blue scrubs. Our licensed practical nurses (LPNs) wear eggplant (dark purple) scrubs.

- **Nurse navigators** are oncology nurses who help to coordinate your care and answer any questions you may have.
- **Inpatient nurses** provide nursing care during your hospital stay.
- **Ambulatory care nurses** work closely with your doctor and provide nursing care during and between your doctor visits.
- **Clinical nurse specialists** provide skilled nursing services and act as a resource to help other nurses solve complex problems.
- **Clinic assistants** work closely with registered nurses to care for you during your visit.

DAY OF SURGERY

WHEN TO ARRIVE

We will call you between 4:30–5pm one business day before your scheduled surgery to go over any instructions and to let you know what time you need to be at the hospital. If you do not get a call by 5pm, please call **215-728-2664**.

WHAT TO BRING FOR ANY SURGERY

- Government-issued photo ID
- Insurance and prescription card
- Any medications your surgeon told you to bring, and a list of all of your medications and allergies
- Your inhaler, CPAP or BiPAP, if you use one
- Your cane, crutches or walker, if you use them

If you are having surgery on your legs or feet, ask your surgeon if you need an appointment with your physical therapist to determine your ability to use crutches or a walker. Patients who are having surgery on their lower legs or feet and who are returning home the same day after surgery should bring a pair of crutches or a walker that has been fitted for them by a physical therapist.

- Eyeglasses and a storage case; **do not bring or wear contact lenses**

OTHER SUGGESTED ITEMS FOR INPATIENT SURGERIES

- Flat, comfortable shoes or sneakers (slip-on shoes are easy to wear after surgery)
- Elastic waistband pants and pajamas
- Personal toiletries

CLOTHING, JEWELRY AND PERSONAL ITEMS

- Do not wear makeup, hair pins, hair pieces or contact lenses.
- You may have on light-colored nail polish. Otherwise, please remove any dark-colored polish on at least one fingernail or toenail if having surgery in the leg area.
- Leave credit cards, large amounts of cash, valuables and jewelry at home (including **wedding rings**, religious medals and body piercings).
- Wear comfortable clothes.

PATIENT IDENTIFICATION

To prove your identity, we will ask you to tell us your name, date of birth, and the surgery you are having. We will give you an ID bracelet that staff will check at different times before your surgery and during your stay.

SURGICAL FAMILY WAITING SUITE

Once you are moved to the pre-surgery area and operating room, we will ask your family and friends to stay in the Marian and Emma Brungard Surgical Family Waiting Suite on Floor 3 of the hospital. Your family and friends should sign in with the volunteer in the waiting area. Signing in will help the surgeon to locate your family after your surgery. Please also give us the telephone number of someone you would like us to call after your surgery is over.

MARKING YOUR SURGICAL SITE

It is very important to identify the site of your planned surgery. Before your surgery, your doctor may mark the site on your body. Please do not shave or trim the hair in the area of your surgery.

WHAT TO EXPECT AFTER SURGERY

- You will be moved to the recovery room, known as the PACU (Post Anesthesia Care Unit).
- You will be cared for by the nurses and anesthesia team as you recover from your anesthesia.
- Your surgeon may call or visit your family or friends to let them know how you are doing.
- In the recovery room, noises may sound louder than normal.
- You may have blurred vision, chills, nausea or a dry mouth.
- A nurse will check your surgical dressing and blood pressure often.
- You will have an IV and/or may have other tubes.
- Your surgery site may hurt or burn, so ask your nurse for pain medication if you need it.
- We may ask you to breathe deeply and cough to help clear your lungs.
- Your nurse may ask you to move around in the bed.
- Compression sleeves from the ankle to below the knee will be applied in the pre-operative area and turned on in the operating room. These help maintain adequate circulation during and after surgery. They are removed after surgery.

AFTER THE RECOVERY ROOM

If you are having outpatient surgery, you will return to the Pre-Operative Unit to get ready to go home. Before you leave, nursing staff will give you instructions about your care at home. You must have a family member or friend drive you home after surgery. If you are an inpatient, we will take you to your hospital room.

DESIGNATED DRIVER

To be sure you are safe and have the help you need after your same-day surgery, you must have a driver age 18 or older to take you home from the hospital. You cannot take a cab, train or bus alone. Inpatients will receive instructions when discharged.

FOLLOW-UP VISIT

If needed, please schedule a follow-up visit before you leave. If you are unable to do so, please call **215-728-2600**.

NATIONAL SURGICAL QUALITY IMPROVEMENT PROGRAM (NSQIP)

Fox Chase Cancer Center's Surgery Department is part of the American College of Surgeons' National Surgical Quality Improvement Program. The mission of this program is to gather information about our patients 30 days after surgery. After your surgery, you may get a phone call or letter from a surgical clinical reviewer asking about your recovery. This information will be used to improve the quality of care at Fox Chase.

CLEANING YOUR SKIN WITH HIBICLENS® BEFORE SURGERY

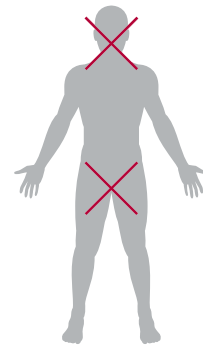
Washing with soap and water helps to remove many types of germs and bacteria on the skin. Before surgery, it is important that you take an extra step to help rid your skin of germs. Using Hibiclens® 4%, also known as chlorhexidine gluconate (CHG), lowers the risk of infection at the site of your surgery. Please follow these steps to make sure your skin is as germ-free as possible.

STEP 1: WHAT YOU WILL NEED TO DO

- Buy one bottle of Hibiclens®.
You can buy Hibiclens® at most large drug stores, such as CVS, Rite Aid or Walgreens. Please call the store first to make sure it is in stock. Or, you may purchase Hibiclens® for \$6.94 at Fox Chase's Outpatient Pharmacy, which is located on Floor 1 of the West Building.
- Put new linens on your bed.
- Get a fresh, unused towel to dry off.
- Get a fresh pair of pajamas to put on after your Hibiclens® shower.
- Shower with a special soap called Hibiclens® 4%, also known as chlorhexidine gluconate (CHG).

HIBICLENS® FACTS AND WARNINGS

- Read the "Drug Facts" on the bottle but follow the skin-cleaning directions on this sheet.
- Do not use Hibiclens® if you are allergic to CHG or any of its ingredients.
- If you are allergic or cannot wash with Hibiclens® for some reason, use an anti-bacterial soap, such as Dial®, instead.
- Do not take a bath with Hibiclens®.
- Do not use Hibiclens® on your head or face. Keep it out of your eyes, ears and mouth.
- Do not use Hibiclens® in your genital (private) area.
- Do not swallow Hibiclens®.



Do not use Hibiclens® in areas marked with an "X".

STEP 2: BEFORE USING HIBICLENS®

You will wash with Hibiclens® each day for three days (if there is time) before your surgery. Before using Hibiclens®, follow these instructions as you wash in the shower:

- You may take a shower with regular soap *before* using Hibiclens®.
- Wash your hair with your normal shampoo and rinse well. Rinse any leftover shampoo from your skin.
- Wash your face and genital (private) area with regular soap and water only.
- Rinse your body very well with warm water.



Neal S. Topham, MD, FACS

STEP 3: HOW TO USE HIBICLENS®

- Use one teaspoon (one capful) of Hibiclens® for each body part listed below:
 - Neck and chest
 - Hands and arms
 - Stomach
 - Legs and feet
 - Back and rear
- Put Hibiclens® on your skin and rub it in gently with a washcloth for five minutes.
- Rinse very well with warm water.
- Pat yourself dry with a clean towel.
- Do not use lotion, powders or perfumes on the areas cleaned with Hibiclens®.
- Dress in clean clothes.

For questions about washing with Hibiclens® before your surgery, call:

- **Pre-Admission Testing: 215-728-2566**
Monday–Friday, 7am–5pm
- **Main Operator: 215-728-6900**
Ask to speak with the Nursing Supervisor.
After hours, weekends and holidays

PAIN CONTROL AFTER SURGERY

Surgery involves some level of pain. Before your surgery, your surgeon will talk with you about how much pain you may have and how it will be managed.

- Different types of surgery and incisions cause different types and levels of pain.
- A longer, more involved surgery may be harder on your body.
- Each person feels and reacts to pain differently.

Pain control is important for recovery because:

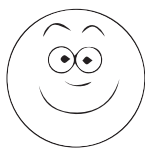
- It lowers the risk of blood clots in your legs and lungs and lowers the risk of lung and urinary infections.
- You may have a shorter hospital stay and go home sooner. You are likely to recover more quickly at home.
- You are less likely to have long-lasting pain problems.
- Pain that is not controlled may cause unnecessary suffering, which can slow recovery and lead to other health problems.
- It will help you eat and sleep better, move around more easily, and visit with your family and friends.

RATING YOUR PAIN

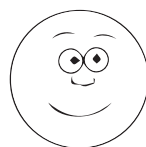
Our goal is to help you reach a level of pain you can manage. It is important for you to tell us how much pain you are feeling so we can help lessen that pain. To understand your pain level, we may ask you to rate your pain on a 1–10 scale.

I rate my pain between:	How I would describe the pain:	What can I do to help with pain?
1–3	"I have some pain but I barely notice it. The pain does not stop me from doing things."	<ul style="list-style-type: none"> • Rest • Meditate, listen to music • Ice, elevate my arm or leg (if site of pain) • Walk
4–7	"I have a moderate amount of pain and it stops me from doing the things I want to do."	<ul style="list-style-type: none"> • Acetaminophen (Tylenol®) • NSAIDs (Motrin®, Celebrex®, Aleve®) • Nerve pain medicines (Neurontin®, Lyrica®)
8–10	"My pain is so bad that I cannot sleep or focus on anything else."	<ul style="list-style-type: none"> • Opioids (very strong pain medicine that can cause dependence if not used the right way) • All of the suggestions listed above

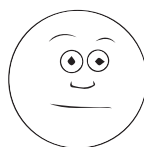
FACES PAIN RATING SCALE



0
NO HURT



2
HURTS
LITTLE BIT



4
HURTS
LITTLE MORE



6
HURTS
EVEN MORE



8
HURTS
WHOLE LOT



10
HURTS
WORST



Sanjay S. Reddy, MD, FACS

YOUR ROLE IN MANAGING PAIN

You are the one in control of your pain. It is important to tell a staff member when you are having pain, and if the medications you are taking are not controlling it. Keep in mind that using ice can also help control pain and swelling. Based on your level of pain and medical needs, your surgeon will decide the best plan to control your pain after surgery. This may include:

- **Patient Controlled Analgesia (PCA)**

You may get pain medicine through an intravenous (IV) line. The device is set to give you a certain amount of pain medication. You can push a button to give yourself more pain relief when you need it. It is programmed so you cannot give yourself too much. **Family members may not push the pain button.**

- **Epidural Pain Control**

You may get epidural pain medications through a soft tube (catheter) inserted into your back. You may come out of the operating room with a catheter already in place, or it may be inserted in the hospital bed after your surgery.

- **Pain Pills or Shots**

You may get enough pain relief from medication in pill form or shots. You may get this medication right away after surgery. More often, you will get it when you no longer need epidural or continuous IV medication.

- **Opioids**

Your doctor may prescribe some medicines, known as opioids, to help control very bad pain. Please remember:

- **Talk to your doctor** before taking opioids with sleep aids, anti-anxiety medicines, or muscle relaxers. Taking these medicines at the same time can lead to dangerous side effects.
- **Do not drink** alcohol when taking opioids or any other over-the-counter medicines, like NSAIDs (Motrin®, Celebrex®, Aleve®).
- **Never** take more than 3,000 mg of acetaminophen (like Tylenol®) in a 24-hour period. **Do not** drink alcohol while taking acetaminophen.
- Some of your prescribed pain medicine might have acetaminophen in it. If it does, **do not** take more acetaminophen at the same time.

COMMON SIDE EFFECTS OF OPIOIDS

- Dizziness, nausea, headache, feeling sleepy, dry mouth, itching, and constipation (cannot move your bowels)

SERIOUS SIDE EFFECTS OF OPIOIDS

- **Dependence** on opioids can happen when your body gets used to taking them and craves more.
- **Tolerance** can happen if you need higher doses to ease your pain. Increasing opioid doses can be dangerous and can lead to overdose.
- **Opioid overdose** can happen if you take too much of an opioid. Symptoms of overdose include:
 - Trouble breathing
 - Loss of consciousness (blacking out)
 - Small pupils

Overdose can lead to death. Call 911 right away if you or someone you know is having an opioid overdose.

IMPORTANT THINGS TO REMEMBER

- If you have very bad or more pain after taking opioids, please call your surgical team for help at **215-728-6900**.
- If you have constipation along with nausea, vomiting and/or very bad belly pain, do not take stool softeners. Please call your surgical team right away at **215-728-6900**.
- If you do not use all of your prescribed medicine, please drop it in the Medication Waste Bin found in the Fox Chase Cancer Center Retail Pharmacy for proper disposal.
- If you or someone you know is coping with opioid abuse, call the Substance Abuse and Mental Health Services Administration's 24-hour hotline at **800-662-HELP (4357)** or visit **www.samhsa.gov**.

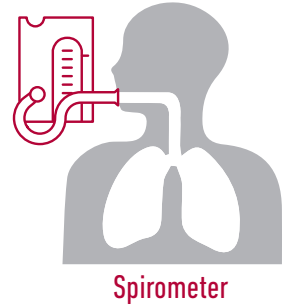
RECOVER: EXERCISES AND ACTIVITY FOR PATIENTS BEFORE AND AFTER SURGERY

INCENTIVE SPIROMETER

After your operation, you will need to take deep breaths and cough several times each hour to keep your lungs fully expanded. Deep breathing and coughing will help speed your recovery and reduce the risk of developing breathing problems. To help you with deep breathing and coughing exercises, your doctor may order an incentive spirometer. This special tool will help you cough and deep breathe better. It will also let you and your nurse know how deeply you are breathing. A respiratory therapist or nurse will show you how to use the incentive spirometer.

How to Use the Incentive Spirometer

1. Sit on the edge of the bed or sit up as much as you can in bed.
2. Hold the spirometer upright.
3. Put the mouthpiece in your mouth and tightly seal your lips around the mouthpiece.
4. Breathe in slowly and as deeply as possible. Watch the disc inside the spirometer rise to the top. Try to keep the disc between the two arrows on the spirometer as you breathe in.
5. Hold your breath as long as possible and then exhale slowly as you watch the disc fall.
6. Rest.
7. Repeat the sets above 5–10 times.
8. Do this as frequently as told to you by your nurse or therapist.
9. After using the incentive spirometer, follow the steps for coughing and deep breathing.



DEEP BREATHING AND COUGHING

How to Take a Deep Breath

To deep breathe correctly, practice the following exercises 2–3 times a day before surgery. That way, you will be able to do it more easily after surgery.

1. Lay on your back in a comfortable position. You may bend your knees slightly as you try to relax.
2. Place one hand on your chest and the other over your upper abdomen. Close your mouth and breathe in deeply through your nose. As you do, concentrate on feeling your abdomen rise without expanding your chest. If the hand on your abdomen rises as you breathe in, you are doing the exercise correctly.
3. Hold your breath for five seconds.
4. Now “purse” or pucker your lips, as though you are about to whistle. Breathe out completely through your lips using your abdominal muscles. Squeeze out all of the air.
5. Rest several seconds and continue the exercise 5–10 times.

If you are having abdominal surgery, you may be more comfortable if you hold a small pillow over your incision. Lace your fingers together across the pillow to hold it in place. Then do the deep breathing exercise.

Note: This exercise may be done while lying on your side, sitting or standing, or as you are turning in bed. It should be done at least 5–10 times every hour.

How to Cough

After your surgery, the nurse will remind you to do coughing exercises. Coughing helps keep your lungs free of mucus. You should practice coughing before your surgery, so you can do it easily afterwards.

1. Sit on the edge of the bed and bend your body slightly forward. (After surgery, you may instead perform this exercise while lying in a comfortable position.)
2. If you are having chest or abdominal surgery, you will be more comfortable if you hold a small pillow over your incision as you cough.
3. To begin, take two slow, deep breaths.
4. Take a third deep breath and hold it for five seconds. Let the air out by coughing forcefully.
5. Repeat this exercise at least once more.

ORAL (MOUTH) CARE

Good oral (mouth) care is important. In addition to helping prevent dental problems, it can help lower the risk of certain infections, such as pneumonia (lung infection). Your healthcare team will instruct you about mouth care based on your specific needs. This may include the use of a toothbrush (please bring a new toothbrush with you to the hospital), toothpaste, and/or salt and soda rinses. You will be told how often you should do mouth care. It is also important to take proper care of dentures. Please remember your denture supplies.

GETTING UP AND MOVING AROUND AFTER SURGERY

Getting up and moving around as soon as possible after surgery can help lower the risk of developing problems, including soreness, weakness, getting tired easily, and swelling. Walking and other physical activities have been shown to help prevent serious problems, including pneumonia (lung infection) and blood clots. Your healthcare team is committed to helping you get up and move around while you are in the hospital. They will tell you when you will be getting up for the first time, how often you need to get up, and for how long you need to stay up. If you have difficulty moving, feel unsteady, or have questions about exercising, ask your doctor for a referral to physical therapy.

HOW TO EXERCISE YOUR SHOULDERS

Start with your hands on your thighs. Lift your arms up and back down slowly and in a controlled manner. Breathe in while raising your arms, and breathe out while letting them down. Do this 10 times in a row, five times a day.



HOW TO EXERCISE YOUR LEGS AND FEET

1. Push the toes of both feet toward the foot of the bed. Relax both feet.
2. Point your toes toward your chin. Relax both feet.
3. Circle both ankles, first to the right, and then to the left. Repeat three times. Relax.
4. Sit in a chair for good posture. Without slouching, straighten your leg in front of you and point your toes to the ceiling. Return to a resting position. Do one leg at a time. Repeat 10 times on each side, 3–4 times a day.



In addition to leg exercises, compression sleeves that go from the ankle to below the knee will be applied before going to the operating room. These help maintain adequate circulation during and after surgery.

BED POSITIONING

Unless your doctor orders positioning restrictions based on your particular surgery, you will be encouraged to keep the head of the bed up at all times while resting. This makes it easier to clear your throat.

Please ask your nurse or therapist for help if any information in this section is unclear. Visit [FoxChase.org/recover](https://www.foxchase.org/recover) for more information about recovery.



Hayley E. Walker, MD

SURGICAL SITE INFECTIONS: FREQUENTLY ASKED QUESTIONS

WHAT IS A SURGICAL SITE INFECTION (SSI)?

A surgical site infection is an infection that happens after surgery in the part of the body where your surgery took place.

HOW COMMON IS AN SSI?

Most patients do not get infections, but 1–3 out of every 100 patients get an infection after having surgery.

WHAT ARE SOME COMMON SYMPTOMS OF AN SSI?

- Redness and pain around the area where you had surgery
- Cloudy fluid that drains from your surgical wound
- Fever

CAN AN SSI BE TREATED?

Most SSIs can be treated with antibiotics, but sometimes patients with an SSI need another surgery to treat the infection.

WHAT DOES THE HOSPITAL DO TO PREVENT SSIs?

Your doctors, nurses and other healthcare providers take these steps to prevent an SSI:

- Clean their hands and arms up to their elbows with an antiseptic agent before starting the surgery
- Wear special hair covers, masks, gowns and gloves during surgery to keep the surgical area clean
- May give you antibiotics to start taking 60 minutes before surgery and to stop taking 24 hours after surgery
- May remove some of your hair before surgery with electric clippers if the hair is in the same area where surgery will occur
- Clean the surgery site with a special germ-killing soap
- Clean their hands with soap and water or an alcohol-based hand rub before and after caring for patients

WHAT CAN I DO TO HELP PREVENT AN SSI?

Before surgery:

- Tell your doctor about any health problems you may have. Allergies, diabetes and obesity may affect your surgery and treatment.
- Quit smoking. Patients who smoke may get more infections. Talk to your doctor about how to quit.
- Do not shave near your surgery site. Shaving with a razor can bother your skin and make it easier to get an infection.

At the time of surgery:

- Speak up if someone tries to shave you with a razor before surgery. Ask why you need to be shaved with a razor and speak with your doctor if you have any concerns.
- Ask if you will be given antibiotics before surgery.

After surgery:

- Make sure your healthcare providers clean their hands with soap and water or an alcohol-based hand rub before they examine you. If you do not see your care team clean their hands, please ask them to do so.
- Family and friends should not touch your surgical wound or dressings.
- Family and friends should clean their hands with soap and water or an alcohol-based hand rub before and after they visit you. If you do not see them clean their hands, please ask them to do so.

WHAT DO I NEED TO DO WHEN I GO HOME FROM THE HOSPITAL?

- Your doctor and nurse will explain what you need to know about your wound care before you leave the hospital. Please make sure you understand how to care for your wound.
- Clean your hands before and after caring for your wound.
- Before you leave the hospital, make sure you know who to call for questions and concerns after you get home.
- If you have any symptoms of infection (redness and pain at the surgery site, drainage or fever), call your doctor right away.

For more information about surgical site infections, visit the Centers for Disease Control and Prevention at [CDC.gov](https://www.cdc.gov). *This information was adapted from the CDC's Surgical Site Infections Frequently Asked Questions.*

LIST OF FOODS HIGH IN PROTEIN

Protein helps wounds to heal and your body to fight infection and disease. It also helps to keep your muscles from weakening. If you have any questions, please ask to speak with the dietitian. Common high-protein foods include:

Supplements/Shakes	Serving Size	Protein per Serving (grams)
Boost®	8 ounces	14
Boost® Breeze	8 ounces	9
Boost® Plus	8 ounces	14
Carnation® Breakfast (regular or sugar-free)	made with 1 cup of milk	13
Ensure® Plus	8 ounces	13
Glucerna® Shake	8 ounces	10
McDonalds® milkshake	small	11
Burger King® milkshake	small	10
Dairy Queen Blizzard®	small	9–11
Wendy's® Frosty	small	8

Food	Serving Size	Protein per Serving (grams)
Soybeans	½ cup	14
Veggie or soy patty	1	11
Greek yogurt	½ cup	9–12
Chicken breast	1 ounce	9
Pork tenderloin	1 ounce	9
Pumpkin seeds	1 ounce	9
Lentils	½ cup	9
Milk (any type)	1 cup	8
Beef	1 ounce	8
Egg substitute	¼ cup	7.5
Cottage cheese	¼ cup	7
Tuna packed in water	1 ounce	7
Canned beans (kidney, cannellini, garbanzo)	½ cup	6–7
Peanuts	1 ounce	6–7
Fish	1 ounce	6–7
Egg	1	6–7
Sunflower seeds	1 ounce	6
Lunch meats	1 ounce	5–6
Tofu, firm	¼ cup	5
Peanut butter	1 tablespoon	4



Stephen C. Rubin, MD and Gina M. Mantia-Smaldone, MD

PATIENT AND VISITOR INFORMATION

ATM

An ATM is located on Floor 1 of the Young Pavilion, next to the side window of the gift shop.

BOO'S BOUTIQUE

215-728-2627

This specialty shop helps patients during their cancer journey by offering breast forms, bra fittings, clothing, skincare products and more. There are also services providing head coverings, scarves and other accessories available to our patients. Go to [FoxChase.org/wigs](https://www.foxchase.org/wigs) for more information.

*Hours: Monday–Wednesday, 9:30am–4pm or by appointment
Floor 1 of the Young Pavilion*

FINANCIAL COUNSELING

Fox Chase offers free financial counseling related to payment for your treatment. We also help patients apply for and get government-funded insurance and ACA Marketplace plans. If you have questions or concerns about insurance, copays or financial responsibility, please call the Fox Chase Financial Counseling Department at **215-728-2678** or **215-728-3162**.

Hours: Monday–Friday, 8am–5pm

FOOD AND REFRESHMENTS

- **Cafeteria**

Hours: Monday–Friday, 7am–2pm | Floor 2 of the Center Building

- **Coffee Cart**

Hours: Monday–Friday, 7am–2pm | Floor 1 of the West Building lobby

- **Terrace Café**

Hours: Monday–Friday, 7am–6:30pm; Saturday, 9am–4:30pm; Sunday, 11am–3pm
Floor 1 of the West Building near the West Garage entrance

- **Vending Machines**

Cafeteria, Infusion Waiting Area (near front entrance), Surgical Waiting Area and Radiation Oncology Vending machines are also available at Jeanes Hospital.

HOUSING AND TRANSPORTATION

For questions about housing and transportation, please call **215-728-3628** or visit [FoxChase.org/locations](https://www.FoxChase.org/locations).

KAREN'S KORNER GIFT SHOP

215-214-1617

The gift shop sells a host of gift items, including women's head scarves, lotions, slippers, cards, stamps, candy, Fox Chase branded merchandise and other items. Money earned from sales goes to patient care at Fox Chase through the Friends of the Hospital of Fox Chase Cancer Center.

Hours: Monday–Friday, 9:30am–5:30pm | Floor 1 of the Young Pavilion

MYFOXCHASE

If you have Internet access, you may view parts of your Fox Chase medical record, get test results, schedule an appointment, get a referral and more. Talk with your doctor about signing up for myFoxChase Health. For questions about enrollment, please contact the Resource and Education Center at **215-214-1618**.

OUTPATIENT PHARMACY

215-728-3178

The Fox Chase Cancer Center Pharmacy serves Fox Chase clinic patients and inpatients and carries a range of medication for their care, including oral specialty chemotherapy drugs often not readily available in local retail pharmacies. Oncology-trained pharmacists offer prescription medication counseling in a patient-friendly environment. We participate with most major insurers covering Pharmacy Benefit and Medicare Part D benefits. Contact your insurance company to determine your specific coverage.

*Hours: Monday–Friday, 9am–6pm
Floor 1 of the Young Pavilion*

PARKING OPTIONS

Parking is free at the Fox Chase Cancer Center main campus. You can enter the West Building from Levels 1 and 2 of the West Garage. Patient drop-off areas are found on Level 2 of the West Garage and the circle in front of the West Building.

VISITING HOURS

Every day, 9am–9pm

WHEELCHAIRS AND OXYGEN

Wheelchairs can be found at most entrances. Please stop at the Patient Support Services desk on Floor 1 of the West Building for help with wheelchairs. Patients who need oxygen can borrow tanks during their visit. Before your visit, please tell your care team if you will need an oxygen tank.

FOX CHASE CANCER CENTER CAMPUS MAP



CAMPUS LOCATIONS

CENTER BUILDING

Cafeteria	FLOOR 2
PET/CT Scan	FLOOR 1

HOSPITAL

Brungard Surgical	FLOOR 3
Family Waiting Suite	FLOOR 3
Diagnostic Imaging	FLOOR 1
Endoscopy	FLOOR 1
Pre-Surgical Waiting Area	FLOOR 2
Rehabilitation/Physical Therapy	FLOOR 3
Speech Therapy	FLOOR 3

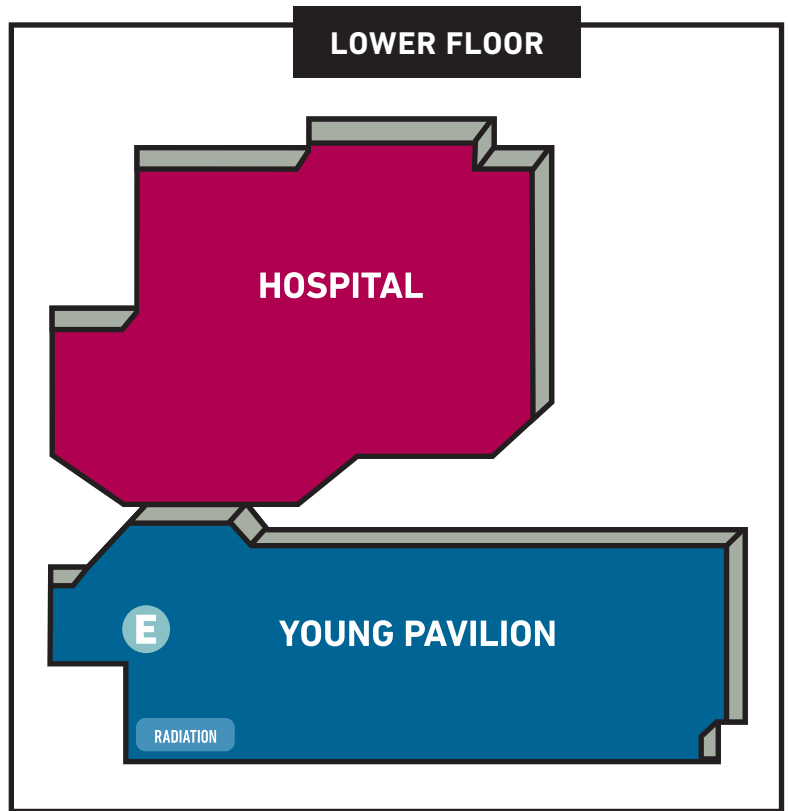
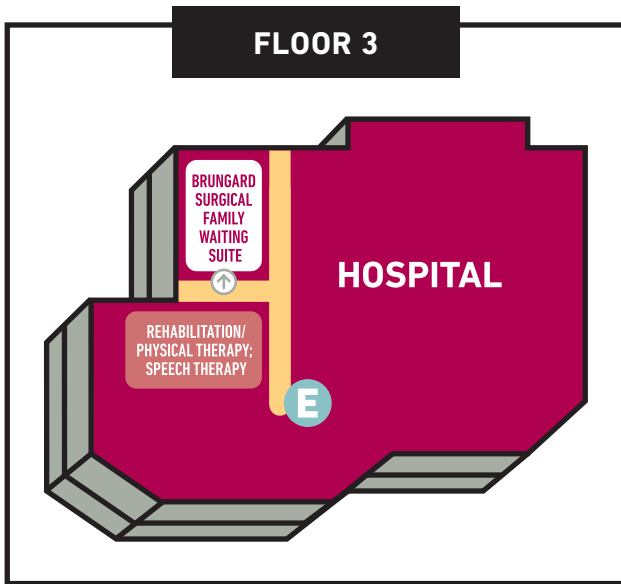
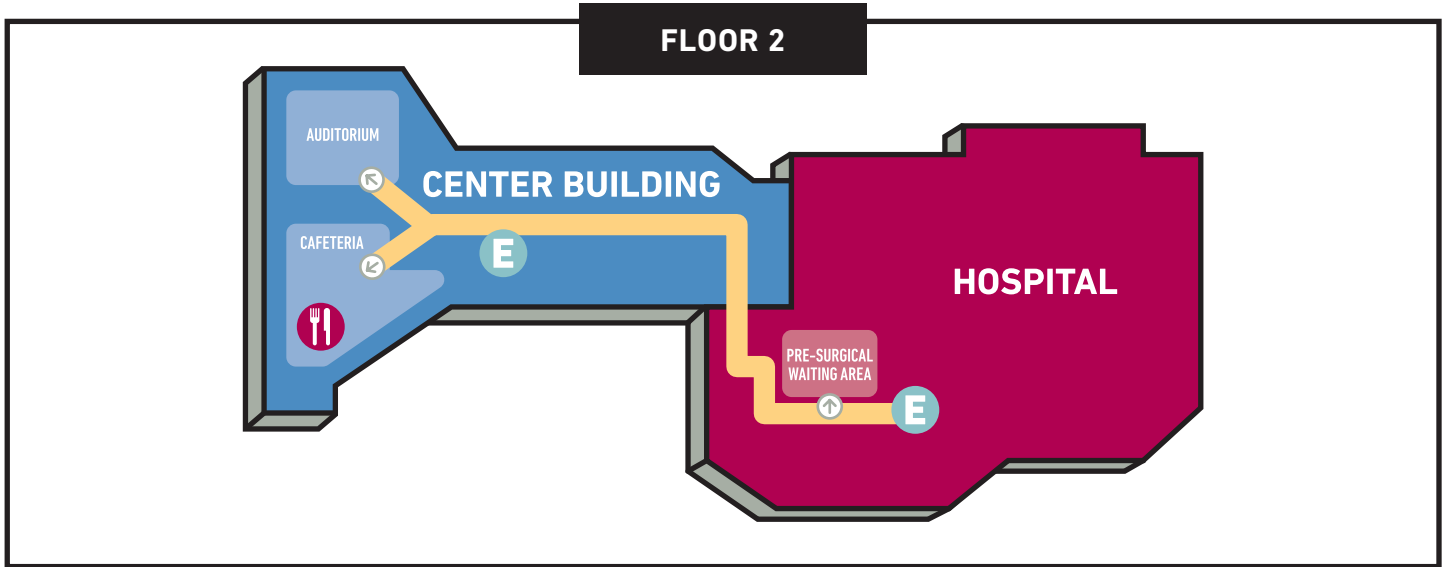
WEST BUILDING

Admissions	FLOOR 1
Clinical Research Unit (CRU)	FLOOR 1
Coffee Cart	FLOOR 1
Direct Referral Unit (DRU)	FLOOR 1
Infusion/Port Check-In	FLOOR 1
Medical Records	LOWER FLOOR
New Patient Registration	FLOOR 1
Pharmacy	FLOOR 1
Pre-Admission Testing	FLOOR 1
Scheduling, West Building	FLOOR 1
Terrace Café	FLOOR 1
West Building Check-In	FLOOR 1

YOUNG PAVILION

ATM	FLOOR 1
Boo's Boutique	FLOOR 1
Karen's Korner Gift Shop	FLOOR 1
Mammography	FLOOR 1
Pulmonary Lab	FLOOR 1
Radiation	LOWER FLOOR
Resource & Education Center	FLOOR 1
Scheduling, Young Pavilion	FLOOR 1
Women's Cancer Center	FLOOR 1
Young Pavilion Desk 1 - 4	FLOOR 1
Young Pavilion Lab	FLOOR 1

FOX CHASE CANCER CENTER CAMPUS MAP



Legend

 Cafeteria (FLOOR 2)

 Elevators

 Public Hallway



Alexander Kutikov, MD, FACS

IMPORTANT THINGS TO REMEMBER FOR YOUR SURGERY

I did the following to get ready for my surgery:

- I read through my instructions about eating and drinking before surgery.
- I understand and did all the pre-op preparation told to me by my care team.
- I reviewed and followed my pre-op instruction sheet.
- All of my questions were answered.

I will do the following for the day of my surgery:

- I have a list of all medications I currently take, including the name, dose, and when I took the last dose.
- I packed a copy of my advance medical directive, such as a living will and durable power of attorney for healthcare.
- I chose a responsible driver (age 18 or older) to drive me home after I have been discharged (released) from the hospital.
- I took off any jewelry (including **wedding rings**, religious medals and body piercings) and other valuables.
- I have my photo ID (such as a driver's license), insurance card and prescription card.

I will do the following after my surgery:

- I scheduled a follow-up visit.
- I know my medication instructions.
- I received and know how to use medical equipment (if needed).
- I received and know my discharge instructions.

IMPORTANT PHONE NUMBERS

FOX CHASE INFORMATION LINE	888-FOX-CHASE (888-369-2427)
Appointments and Scheduling	215-728-2600
<i>Schedule or change a follow-up appointment</i>	
Billing (Hospital and Physician Bills) and Insurance	888-378-0357
Contacting Your Care Team	
Nurse Phone Triage	215-728-4300
<i>Medical questions, Monday–Friday, 8:30am–5pm (speak to a registered nurse)</i>	
After-Hours Hotline for Urgent Medical Issues	215-728-6900
<i>Urgent medical issues and questions after hours, weekends and holidays</i>	
<i>Ask for the nursing supervisor</i>	
Financial Counseling/Assistance Programs	215-728-2678
<i>Questions about insurance coverage/issues</i>	
Medical Records Department	215-728-2640
<i>Get a copy of your medical record</i>	
Nutrition Counseling	215-728-2600
Operator	215-728-6900
Outpatient Pharmacy	215-728-3178
Pain and Palliative Care Program	215-728-3544
Pastoral Care	215-728-2944
Physical Medicine and Rehabilitation Department	215-728-2592
Pre-Admission Testing	215-728-2566
<i>Fax: 215-728-4314 and 215-214-4207</i>	
<i>Questions and concerns, Monday–Friday, 7am–5pm</i>	
Pre-Certification	215-728-4318
Pre-Registration/Referrals	215-728-2686
<i>Questions about registration and referrals</i>	
Psycho-Oncology and Psychosocial Support Programs	215-214-3940
Resource and Education Center (REC)	215-214-1618
Respiratory Care	215-728-3515
Risk Assessment Program/Genetic Testing	877-627-9684
Same Day Surgery	215-728-2664
<i>Questions about your surgery</i>	
Security/Lost and Found	215-214-1601
Social Work Services Department/Support Groups	215-728-2668
<i>Support groups and community resources</i>	
Speech Pathology Department	215-728-2592
Transportation/Housing	215-728-3628
<i>Help with rides or places to stay in the area</i>	

333 Cottman Avenue | Philadelphia, PA 19111-2487 | FoxChase.org | 888-FOX-CHASE (888-369-2427)



TEMPLE HEALTH