

Surgical Services at Glens Falls Hospital

PRE-OPERATIVE / PRE-PROCEDURAL INSTRUCTIONS

At Glens Falls Hospital, our patients are at the forefront of everything that we do. That's why we are taking extra precautions to ensure the safety and well-being of our patients, especially those who will be having surgery or procedures. Below you will find some instructions for pre-surgery/pre-procedural testing as well as post-operative/post-procedural discharge guidelines.

Please take note of the following:

- COVID-19 testing is required by the NYS Department of Health prior to elective surgery or procedures. The patient will be quarantined if test result is positive.
- Parents/Caregivers of pediatric patients will be COVID-19 tested as well.
- NYS Department of Health recommends that patients do the following for 14 days prior to their surgical procedure:
 - Maintain current social distancing recommendations
 - Follow other preventative measures such as wearing a cloth face covering in public when social distancing might not be possible
 - Minimize trips away from the home as much as possible
 - Inform the healthcare provider performing the surgery or procedure if there is any contact with a suspected or confirmed case of COVID-19 or a person with symptoms consistent with COVID-19
 - Inform the healthcare provider of any symptoms consistent with COVID-19 or a positive test result for COVID-19
- Glens Falls Hospital recommends that patients self-quarantine following surgery as explained on the reverse side of this handout.
- Surgery or procedures may be rescheduled at any time due to a positive COVID-19 test, change in medical status or at the direction of the NYS Department of Health based on objective criteria mandated by the state.

**For questions or concerns, please contact
your physician's office directly.**



Glens Falls Hospital



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POST-OPERATIVE / POST-PROCEDURAL SELF-QUARANTINE DISCHARGE INSTRUCTIONS

Please maintain self-quarantine until your follow-up appointment or as otherwise instructed by your provider. People who are in self-quarantine should stay home. Please stay away from any sick individuals and wash your hands frequently. Below is a quick guide to keeping germs away and staying healthy!

If you develop a fever of 100.3 or greater, shortness of breath, respiratory illness symptoms, or a loss of sense of smell or taste please contact your primary care physician.

Your risk of hospitalization is considerably increased if you develop COVID-19. This is requested for your safety and to allow you to have the best surgical outcome.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy. So remember to practice proper hand hygiene!

WHEN?

- After using the bathroom
- Before, during and after preparing food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal food or animal waste
- After handling pet food or pet treats
- After touching garbage



HOW?

Wet your hands with clean, running water, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.

Scrub your hands for at least 20 seconds.

NEED A TIMER? Hum the "Happy Birthday" song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.

**STOP GERMS,
STAY HEALTHY!**