

Pre-surgery Patient Instructions

Revised – April 25, 2020



How to safely prepare for your upcoming surgery

Intermountain Healthcare is working in this time of COVID-19 outbreak to provide safe surgical care to patients who continue to require procedural care. Surgical dates will be subject to healthcare demands. Please know that as soon as we can safely proceed with your procedure, we will finalize your surgical date. The following adjustments have been made to the surgical process to optimize your safety

Here's what you need to do before your surgery:

1. When possible, shelter in place for two weeks before your surgery. Stay home. Avoid out of state travel, sick individuals, and communal living spaces (skilled nursing facilities, etc).
2. To maximize your safety, a COVID-19 test will be coordinated by Intermountain Healthcare to be performed three days before your scheduled procedure
 - a. You will receive a call to coordinate the timing and location of this test and will be contacted when the results of the test return
 - b. Testing Location Information is located at: <https://intermountainhealthcare.org/covid19-coronavirus/get-testing/>
 - c. Early studies show that surgical care is much safer in patients WITHOUT COVID-19, so it is essential that immediately after you give your preoperative COVID-19 testing sample you observe strict self-isolation in the three days prior to surgery.
 - Stay home as much as possible
 - Maintain six feet of distance between yourself and people outside of your home
 - Use careful handwashing technique
 - Notify the doctor if you have sick contacts or if you develop any viral symptoms:
 1. Temperature greater than 100.4 F
 2. Cough
 3. Shortness of Breath
 4. New Body Aches
 5. Diminished sense of smell or taste

On the Day of Surgery

1. The day before surgery you will be contacted with a surgical check-in time
2. Have a single individual drop you off at the appointed time
3. You will be offered hand sanitizer and will be given a mask
4. You will find our caregivers masked to maximize your safety
5. Our check-in process is adjusted to maximize social distancing
6. We'll ask you to provide a cell phone number or other contact information for your key contact to allow the healthcare team to provide that person with updates on your care
7. Your key contact will be notified when you are safely recovered and ready for pick up

Please contact us if you have any questions or concerns during the preoperative process.