

### **PRE-OPERATIVE INSTRUCTIONS: (Before Surgery)**

- . Free limited parking is provided for patients and visitors to the center. The parking lot surrounds # 4 Pigeon Hill Drive. The center's reception area is located on in the second floor of the building.
- . Notify your physician of any changes in your health status such as a cold, fever, flu etc., or if you are unable to keep your surgical appointment for any reason.
- . Bring to the center a list of all medications you are currently taking.
- . You may bring one family member or a friend with you to join you after surgery when you are taken to the second stage recovery room area. You will remain here until you are discharged home.
- . You must arrange for a responsible adult to drive you home and provide care for you for the first 24 hours after surgery. You run the risk that your surgery will be delayed or cancelled if these arrangements are not make in advance.
- . If you wear dentures, they may be removed in the pre-op holding area and returned to you in the recovery room, if you request. If you prefer, they may be left at home.
- . If you wear contact lenses, please remove them before you come or bring your lens case. They may not be worn during most surgical procedures.
- . Minors (under 18 years) must be accompanied by a parent or legal guardian.

### **NPO (Nothing by Mouth)**

- . Unless you are told otherwise, don't eat or drink anything after midnight the night before your surgery. This includes water, chewing gum, eating mints or other hard candies. You may brush your teeth and use mouth wash, but do not swallow. Please check with your doctor about medications that may be taken with a sip of water on the morning of your surgery (especially medications for seizures, heart conditions, blood pressure and blood sugar).

### **YOUR DAY OF SURGERY**

- . Wear loose-fitting clothes. Do not wear make-up, hairspray, perfume or nail polish.
- . Leave all jewelry and other valuables at home. This includes money, credit cards, cell phones, body jewelry and body piercings.
- . Bring your driver's license, insurance cards and any test results or x-rays in your possession.
- . If your child is having surgery, please bring a favorite toy or blanket along. Also bring extra diapers, change of clothes, formula or special food your child may need.



. You will remain in the stage one recovery area for approximately one hour. Once stable, you will be moved to the stage two recovery room. One visitor will be permitted to join you in this area.

. You will be offered fluids by mouth and crackers. Your pain level will be assessed. The nurse will ask you to identify your level of post-operative discomfort based on a 1 through 10 scale. (1 being a the minimum and 10 the greatest) Please remember that it is normal to have pain following a surgical procedure. The level of discomfort can be controlled by medications that will be ordered for you by your surgeon.

### **DISCHARGE HOME**

. When you are ready to leave, you may still feel drowsy. You may also feel a little sick to your stomach.

. Please do make any plans for the day of surgery except for the procedure. Do not plan to attend any events, meetings or take airline flights on this day.

. You will not be able to drive yourself home if you have received any anesthetic except for a local.

. Be sure you have an adult ready to drive you home and take care of you for the first 24 hours post-operatively.

. Before you leave a nurse will review home instructions verbally and in writing. If you have concerns following your discharge, please contact your physician's office.

. A nurse will call you at home the next day to check on your post-operative progress.

### **INSURANCE AND CHARGES**

. Bring your insurance cards and drivers license with you. The Center will verify your coverage and collect co-pays at the time of registration.

. If there is an outstanding balance you will be billed for this amount. If you have no insurance, or if you are having surgery that is not covered by insurance, special arrangements for payment may be made in advance. This can be done by contacting your physician's office or calling the center's business office at (703) 444-6060, Extension 121.

. The doctors involved in your care are not employees of CountrySide Surgery Center. You will be billed separately by the anesthesiologist and pathologist and surgeon for services that they provide.