



Inova

Alexandria Hospital Surgery Center

Preparing for Your Surgery

SURGERY DATE: _____

SURGERY TIME: _____

ARRIVAL TIME: _____

Important Phone Numbers

Presurgical Testing Appointment Line **703-504-5005**

Presurgical Testing Department..... **703-504-3530**

Presurgical Testing Fax Number **703-504-7895**

Surgery Center **703-504-3688**

Financial Coordinator..... **703-504-3367**



WELCOME

At Inova Alexandria Hospital's Surgery Center, our goal is to provide you with excellent care and make you as comfortable as possible before, during and after your surgery.

This brochure explains how to prepare for, and what to expect of, your surgical experience. If you have any questions, please call us at **703-504-3688**. We look forward to caring for you.



✓ YOUR CHECKLIST

PRIOR TO SURGERY

Call **703-504-5005** to schedule your presurgical interview appointment when your procedure date is known (if not already done).

- Complete the presurgical interview with a nurse
- Complete all laboratory tests, EKG/X-rays, history and physical, etc., (if applicable) and fax results to **703-504-7895**
- Make sure you tell your doctor and the presurgical testing nurse if any of the following apply to you:
 - Ever had MRSA (Methycillin Resistant Staph Aureus)
 - Been diagnosed with a sleep disorder, such as obstructed sleep apnea
 - Take any blood thinners
- Make all your financial arrangements (see details on back)

Presurgical Interview

Have the following information available:

- All insurance cards
- Social Security number
- Surgery date
- List of current medications

If you are having an in-person interview, you will need to arrive 15 minutes early to register. Enter the hospital through the Visitor Entrance, the signs will direct you to the Presurgical Testing Department.

✓ YOUR CHECKLIST

DAY BEFORE SURGERY

- Make arrangements for a responsible adult to accompany you home if you are to receive anesthesia. Transportation by taxi is acceptable only when a responsible adult accompanies you (in addition to the taxi driver).
- Understand the type of anesthesia you may be receiving.**
- Remove all jewelry and body piercings and leave all valuables at home.
- Review and follow the dietary restrictions provided in this brochure.
- Be prepared to provide the copayment/deductible (if applicable).
- Do not eat or drink after midnight the night before surgery unless otherwise instructed by your surgeon. This includes candy, mints and chewing gum.
- Do not smoke within 12 hours of your surgery.
- Bathe or shower before arriving, but do not apply lotion after bathing.
- Do not wear makeup or nail polish.
- Bring your eyeglass case or contact lens container. You may wear glasses or contacts to the hospital, but they will be removed before surgery.
- If you have been using splints, slings or crutches before the operation, bring them with you.
- Plan to have a responsible person stay with you at home until you are capable of independent activity.



DAY OF SURGERY

- Know your scheduled arrival time.
- Bring your photo ID, insurance card(s), form of payment (cash, check, or credit card) for your co-pay and deductible (if applicable).
- Drive to the Surgery Center Entrance. Follow the signs for 'Surgery Entrance'. (Driving Directions are on back)
- Leave your car with our free valet service.

WHAT TO EXPECT DAY OF SURGERY

- Check in with the staff member at the reception desk and have a seat.
- A registration representative will be out shortly to register you for the procedure.
- A nurse will come to the waiting room and bring you to the pre-operative area to prepare you for the procedure. To ensure your safety, the nurse will ask questions and review medical information that was discussed during your presurgical interview.
- You will be asked to change into a hospital gown, cap and socks.
- A staff member will bring your visitor to the preoperative area to wait with you until it is time for the procedure. The staff member will give your visitor your clothing and personal items.
- When your preparation is complete and the physician is ready, you will be taken to the operating room on a stretcher or in a wheelchair.
- Once you arrive in the operating room, staff members will help you onto the operating table. You will notice many lights overhead and the room will probably feel cool.
- The nurses will explain everything to you, and they will remain with you during surgery. Again, be sure to ask any questions you may have.
- Expect to be at the hospital for three – six hours for your surgery. We ask that you understand that changes may occur in our schedule, depending on emergencies or the length of procedures.
- Our staff will keep you and your visitor informed of any delays and provide status updates. At any time, you or your visitor may ask our staff for updates or to answer any questions you may have.
- Visitors can leave their cell phone number with the receptionist if they wish to leave the waiting area. They may want to visit the cafeteria or fill a prescription at the outpatient pharmacy.
- After the procedure, you will be taken to the recovery area for a few hours.

- Once you are alert, a nurse will bring your visitors back to see you.
- During recovery, nurses will check your vital signs frequently and tend to your needs. The physician may discuss the results of the procedure with you and your visitor.
- You will probably experience pain as your body responds to surgery, a nurse will work closely with you to provide pain-control medications to reduce pain. We rate pain on a scale of 0 to 10 (0 = no pain, 10 = severe pain). This helps the nurse "measure" your pain to select the most effective pain-control method.
- According to your Surgical Care Plan, you will either be admitted to the hospital or discharged home.
- If you are admitted, you visitors will be notified and may travel with you to your room.
- If you are discharged home, nursing staff will discuss what can be expected and what to do at home during recovery.
- You will receive written discharge instructions as a reminder, this may include prescriptions for medications.
- Prescriptions may be filled at Inova Alexandria Hospital's Outpatient Pharmacy. Payment is required at the time of service. **Be aware that Medicare does not cover take-home prescription costs.**
- If you had anesthesia other than local:
 - Do not drive, operate machinery, drink alcohol or make any major decisions for at least 24 hours.
 - Plan to rest for at least 12 to 24 hours after you arrive home. It is common to feel tired, dizzy, sleepy or slightly nauseated after a surgical procedure.
- Expect to receive a follow-up phone call from our nursing staff 24 to 48 hours after you are discharged.
- You may also receive a phone call from Professional Research (PRC) asking about the care provided at the hospital. Your feedback is appreciated.

Special Instructions for Children

Children preparing for surgery require special attention. Parents should be aware of dietary restrictions and make sure children follow them exactly, especially the morning of surgery. Patients under 18 must be accompanied by a parent or legal guardian during the registration and surgical process. It can be reassuring for children to have a favorite toy or familiar item from home. To help children and their parents prepare for surgery, we offer a tour of the areas where the children will be, and give them and their parents a chance to ask questions. Please register your child in advance for this tour by calling **703-504-3688**.



Financial Arrangements

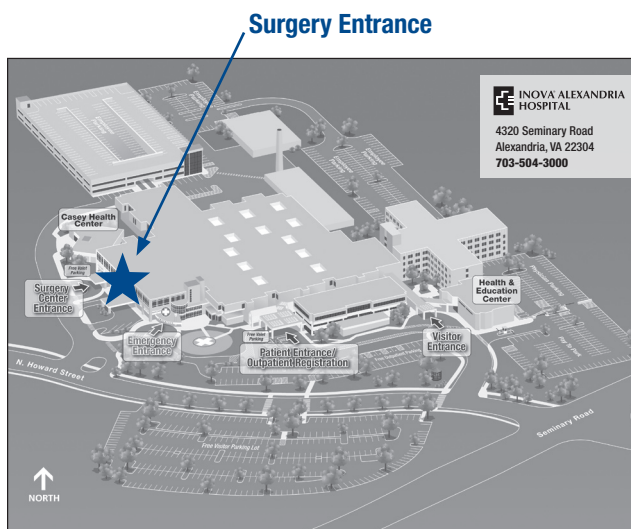
After your surgery is scheduled, you may call the Inova Pre-surgical Scheduling office to determine if you may have your pre-operative testing at Inova Alexandria Hospital. If you have an HMO, you are required to visit your primary care physician for pre-operative testing or to receive a referral to have your pre-operative testing completed at Inova Alexandria Hospital.

Most health insurance policies have a coinsurance clause, co-pay, and/or a deductible, which is the amount not covered by your insurance. This is required upon arrival. We will try to contact you before your surgery to let you know what your cost may be. If we are unable to reach you, you should be prepared to pay any applicable coinsurance and/or deductible at the time of your surgery. If you need to set up payment arrangements for your upcoming visit, please call **703-750-8848**.

Upon discharge, if you need assistance regarding your bill, please contact our Patient Accounts Customer Service department at **703-321-2999**.

Parking Information

Please use our free valet parking at the Surgery Entrance. Additional parking is available in the parking lot on North Howard Street. Paid visitor parking is located next to the visitor entrance. All visitors must pay the regular fees posted for the paid parking lot.



Driving Directions

From Arlington or Washington, DC: Take I-395 South to Exit 4 - Seminary Road. Exit east (left turn). Go four blocks. Hospital is on the right, at the corner of Seminary Road and N. Howard Street.

From Richmond: Take I-95 North to Springfield. You will have a choice of I-495, 395 and 95. Continue onto 395 North to Exit 4 - Seminary Road. Exit east (right turn). Go four blocks. Hospital is on the right, at corner of Seminary Road and N. Howard Street.

From McLean: Take I-495 South towards Alexandria/Richmond. Take I-395 North to Exit 4 - Seminary Road. Exit east (right turn). Go four blocks. Hospital is on the right, at corner of Seminary Road and N. Howard Street.

Public Transportation

The following buses stop at the hospital on Seminary Road:

Metro Buses:

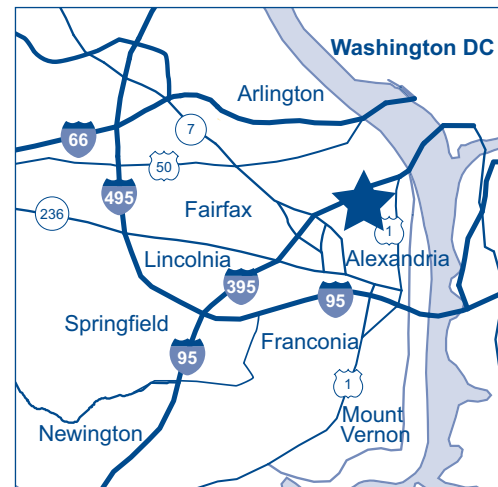
25 Destinations: Van Dorn/Ballston. Pick up at Van Dorn (yellow line) or Ballston (orange line) Metro stations

28 Destinations: Tysons Corner/Alexandria. Pick up at King Street (yellow and blue lines) or West Falls Church (orange line) Metro stations

DASH Buses:

AT2 Destination: The Hamlets. Pick up at Braddock Road Metro station (yellow and blue lines)

AT5 Destination: Landmark. Pick up at Braddock Road Metro station (yellow and blue lines)



Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

inova.org

4320 Seminary Road
Alexandria, VA 22304