

Preparing for Surgery at Inova Fairfax Hospital

Welcome to Inova Fairfax Hospital

Thank you for choosing our hospital, where our entire staff is committed to providing world-class healthcare. We look forward to ensuring your experience here is excellent. Please carefully read through this brochure, which should answer most of your questions about your upcoming procedure.

Before Your Surgery

Your Physician's Office

Contact your physician's office if you have questions about the time and date of your surgery, or your presurgical instructions. Also, you should confirm your surgery time with your physician's office the day before you are scheduled in the event that your appointment time has changed.

Please confirm with your doctor's office where you should go for your presurgical testing. Most presurgical testing is done at the Outpatient Center on Arlington Blvd. (see map on back.)

It is important to notify your physician's office if there is any change in your health before your surgery such as a cold, cough, fever or flu-like symptoms.

Presurgical Interview

As soon as your surgery is scheduled, please call Inova Fairfax Hospital's Presurgical Services Department at **703-970-6565, between 8:30 a.m. and 6:30 p.m., Monday – Friday, to make an appointment for a telephone interview with a presurgical nurse.** Surgical patients who are receiving services from the anesthesia department must have a preoperative assessment interview via telephone by a presurgical nurse. It is important that you call the Presurgical Services Department as soon as your surgery is scheduled. The following will assist you in accomplishing this interview:

- The interviews can be done Monday – Friday from 7:00 a.m. to 6:30 p.m. and on Saturday from 8:00 a.m. to 3:30 p.m.
- Patients must call **703-970-6565** between 8:00 a.m. and 6:30 p.m. Monday – Friday to make the appointment for the preoperative assessment interview via telephone with a presurgical nurse.
- It is important that you schedule a time to speak with the presurgical nurse as soon as possible in the event further medical clearance is needed. Failure to schedule this interview may delay the time or day of surgery.
- An interpreter service and service for the deaf/hearing impaired are available upon request and walk-in interviews can be scheduled upon special request.

In preparation for your surgery the anesthesia department requests that you have the following information available when the presurgical nurse calls for your interview:

1. Present medications, dosages and how often each is taken (include over-the-counter, herbal supplements and vitamins)
2. Allergies (food and medications)
3. Previous surgeries, anesthesia experience and dates of each
4. The name and phone number of your primary care doctor, cardiologist and any other doctor you see on a regular basis
5. Any preoperative testing requested by the surgeon or any other physician (to be completed prior to this surgery)
6. Any other medical information we should be aware of before this surgery

Presurgical Education

Presurgical education classes are available and encouraged for patients scheduled for many types of surgery. These classes allow patients to meet the nursing staff and learn about what to expect before, during and after surgery.

Check with your physician to determine if Inova might offer a presurgical class for your procedure.

Patients scheduled for gynecologic surgery also have the opportunity to take a presurgical tour. To learn more about gynecologic surgical tours visit inova.org/gyntours or call **855-My-Inova (855-694-6682)**.

Financial Arrangements

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

Most health insurance policies have a coinsurance clause, co-pay, and/or a deductible, which are amounts not covered by insurance. We make every effort to contact you before your surgery to let you know what your financial responsibility may be. If we are unable to reach you, you should be prepared to pay any applicable coinsurance and/or deductible on the day of surgery.

If you need to set up payment arrangements for your upcoming visit, please call **703-776-6019**. Upon discharge, if you need assistance regarding your bill, please contact our Patient Financial Services Department at **703-645-2899**.

Advance Directive

An Advance Directive is a document that allows you to make decisions about your care and consists of five parts: an appointment of a Durable Power of Attorney (DPOA) for Healthcare Decisions, the powers that you grant to your DPOA, healthcare instructions, end of life care instructions, and a directive for organ or tissue donation. If you have already completed an Advance Directive, please bring a copy with you. If you have questions about Advance Directives or would like a booklet and form mailed to you, please call Patient Relations at **703-776-3663**.

Questions

If you have general questions related to hospital services, please contact Patient Relations at **703-776-3663**.

Presurgical Instructions

The nurse will review the following with you during your presurgical interview.

- Do not eat anything – even gum or mints – after midnight the night before your surgery.
- Do not drink anything – even water – after midnight the night before your surgery.
- Discuss instructions for taking medication with your doctor.
- You may brush your teeth, but do not swallow.
- It is recommended that you do not smoke 24 hours prior to surgery.

Preoperative Skin Cleansing

Cleansing your skin gently before surgery can reduce the risk of infection at your surgery site. You play an important role in decreasing this infection risk by showering both the evening before your surgery and the morning of your surgery.

Please buy Hibiclens at your local drug store. It is available in the pharmacy section. Hibiclens is a 4% Chlorhexidine Gluconate (CHG) antiseptic solution that will reduce the bacteria that all of us have on our skin.

Please follow these instructions:

- Take TWO showers, one the night before and one in the morning before coming to the hospital for your surgery. You must be able to shower – no tub baths.
- Please do not shave or wax body hair at least 48 hours prior to surgery. It is okay to shave facial hair, but do so before showering.
- With each shower, shampoo your hair and wash your skin with your regular shampoo and soap. Rinse thoroughly.
- Then, using the CHG solution and a clean, wet washcloth, wash your skin surface again starting from the neck down and gently scrub your skin. Pay special attention to the area of your body where your surgery will take place. If you cannot reach the area where your surgery will take place please have someone wash for you (after they have thoroughly cleansed their hands). Allow the CHG solution to remain on your skin for at least 2 minutes. Your skin should then be rinsed and dried with a clean towel.
- After your evening shower, dress in clean bedclothes and sleep on clean sheets. After your morning shower, dress in clean clothes that you will wear to the hospital.

- Do not apply any creams, lotions, powders, perfumes, or deodorant.

Special Instructions:

On the Day of Surgery

- Bring your driver's license or picture ID, and your insurance cards.
- Wear comfortable, loose-fitting clothes.
- Remove all jewelry, including piercings.
- We recommend you leave all jewelry and other valuables at home. The hospital cannot accept responsibility for any personal property.
- Remove all nail polish and make-up.
- Be sure to bring containers for eyeglasses or contact lenses.
- After you check-in, you will be taken to a preoperative area where you will change into a surgical gown and place your clothing in a bag for safekeeping. For patients being admitted, your family is responsible for this bag. Please leave your suitcase in your car until a hospital room is assigned to you.
- You will then meet with a member of the anesthesiology team to discuss your medical history, the type of anesthesia ordered for you and any additional questions.
- If you are having outpatient surgery, we offer valet parking. Valet parking requires an up-front fee of \$5.00. You may request a voucher in the PACU which can be redeemed at the valet stand for reimbursement of the \$5.00 fee.
- Waiting areas for loved ones will be discussed at check-in.
- One family member or friend may accompany you to the preoperative area while you prepare for your surgery. Please do not bring additional family members or children.
- If you need to cancel your surgery, please call your surgeon's office who will notify the hospital.

After Your Surgery

- After your surgery, you will be taken to the recovery room, called the Post Anesthesia Care Unit (PACU). Visitors are not allowed in the Phase I PACU.
- When you have recovered from the anesthesia, you will be taken to a hospital room or the step-down recovery area until you are ready to return home.
- For outpatient procedures, a nurse will provide you with written discharge instructions when you are ready to leave the hospital. It is important that you follow these and any special instructions from your physician. Contact your physician's office if you have any questions.
- For outpatient procedures, a family member or friend must escort you home. You may not drive yourself home. The effects of anesthesia or pain medication make driving dangerous. If you take public transportation or a taxi, a responsible adult must accompany you.

Staying in the Hospital

Family and friends may visit during regular visiting hours, which vary by unit. If you are in one of the Intensive Care Units (ICU), only immediate family may visit. Many units have special visiting hours and must limit the number of visitors or restrict visits by children under 12. Check with the nurse for more information. Please do not visit if you have symptoms of a cold, flu or other infectious disease because patients are highly susceptible to infection.

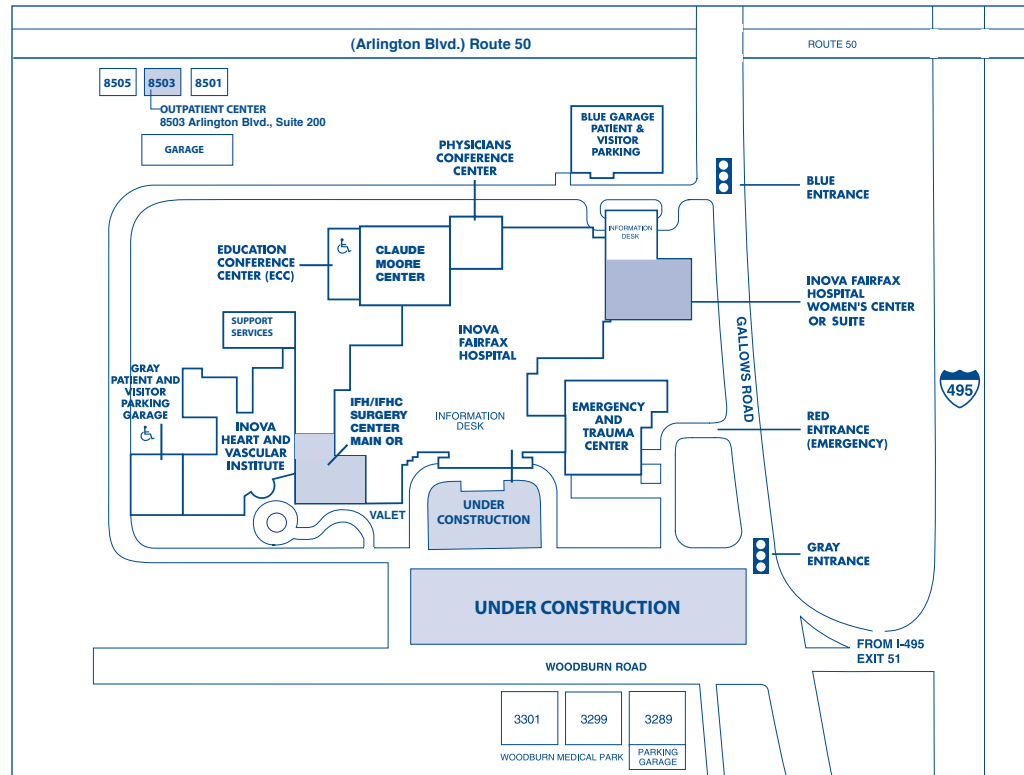
In order for us to meet the needs of our growing community, if you are admitted to the hospital after surgery we ask that you make every effort to leave the hospital once your physician has written your discharge orders and you have been provided discharge instructions. Please keep in mind that you or a family member may need to stop at the cashier's office to settle your account.

Planning Your Recovery From Surgery?

Inova VNA Home Health, Northern Virginia's leading agency for providing care at home, brings skilled and caring healthcare services directly to you, in the comfort of your home, following surgical procedures or hospitalization. Home healthcare can help reduce your risk of complications while enhancing physical and emotional healing in a comfortable environment — your own. Please call Inova VNA Home Health at **571-432-3100** or visit inova.org/homehealth for more information.

Please note: A physician order is required for home health services covered by Medicare, Medicaid and most insurance companies.

Directions to Surgery Locations



Interactive Maps Online

For step-by-step, photographic directions to Inova Fairfax Hospital, visit inova.org/ifhMaps.

**Inova Fairfax Hospital Women's Center
Operating (OR) Suite
3300 Gallows Road
Falls Church, VA 22042.....703-776-4001**

- Turn into the BLUE entrance at the traffic light off Gallows Road.
- Park in the BLUE garage on the right.
- Walk across the street and enter Inova Fairfax Hospital Women's Center.
- Proceed to the lobby registration desk to check-in and then take the BLUE elevators to the 3rd floor.

**Inova Fairfax Hospital (IFH) Surgery Center
Inova Fairfax Hospital for Children (IFHC) Surgery Center
Main Operating (OR) Suite
3300 Gallows Road
Falls Church, VA 22042.....703-776-4001**

- Turn into the GRAY entrance at the traffic light off Gallows Road.
- Drive to Inova Fairfax Hospital/Inova Fairfax Hospital for Children patient drop-off/pick-up circular driveway.
- Parking is available in the GRAY garage on the right past the Surgery Center entrance.

**Outpatient Center/Presurgical Services
8503 Arlington Blvd., Suite 200
Fairfax, VA 22031703-970-6565**

Please note: most presurgical testing is done here, not at the hospital.

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/ifh

