

Preparing for your Surgery

Arrival Location, Day of Surgery: Please refer to the map on the back cover of this brochure. Use the Main Entrance, then go to the second floor Surgical Services desk. Valet parking is free. No tipping is allowed.

Surgery Date/Time: _____

Your Checklist Prior to Surgery

- Schedule your pre-surgical interview appointment at least two weeks before your surgery, if possible.
- Pre-surgical interview completed.
- Laboratory test, EKG, X-ray results, history and physical etc, completed (if applicable).
- Fax results of any of the above tests to 703-391-3992.
- For three days before your surgery, shower with an antibacterial soap. We recommend Hibiclens®, which can be purchased at your local drug store (no prescription is needed).

Your Checklist the Day before Surgery

- If you are scheduled for outpatient surgery, verify arrangements for a responsible adult to accompany you home. Public transportation (i.e., bus or taxi) is not a satisfactory method of transportation.
- Review and follow the dietary restrictions provided in this brochure or per your surgeon's instructions.

Your Checklist on the Day of Surgery

(Please arrive 1-1/2 to 2 hours before your surgery time)

- Please leave your valuables at home. Remove all jewelry, including any body piercings. The hospital is not responsible for valuables.
- You may wear glasses (no contacts) or dentures, but they will need to be removed before your surgery, so please bring your storage case for these items.

- Shower with an anti-bacterial soap. We recommend Hibiclens®, which can be purchased at your local drugstore (no prescription is needed).
- Do not shave your surgical site.
- Shampoo your hair but do not apply any extra hair-care products.
- Do not use any perfume, hair-care products or body lotions.

Please remember to bring:

- Drivers license or other current legal photo ID.
- Insurance card(s) — To avoid billing issues and delays, be sure your legal picture ID card matches the name on your insurance card(s).
- Insurance co-pay (cash, check, VISA, MasterCard or money order).
- Previous X-rays, MRIs or CTs (if necessary).
- Advanced directive, living will or durable power of attorney, if available.

Special Instructions

Welcome to Surgical Services at Inova Fair Oaks Hospital

Our goal is to provide excellent, safe 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 from, your surgical experience. There are certain diagnostic tests that may be required before your surgery date. Please follow your physician's instructions.

Patient Interview

Once your surgery/procedure date is known, call the Pre-Surgical Testing Appointment line immediately at **703-391-3500** and select option 3 to schedule your interview appointment. Have the following information available:

- All insurance cards
- Social Security number
- Surgery date

At this time, you will be scheduled to speak with a nurse for either a telephone interview or in-person interview, based on your particular surgical needs. During this interview, we will review your medical history, complete any labs and EKG (if applicable), and provide important information needed to properly prepare you for your surgery.

Please have a list ready of your previous surgical history and all medications you are taking, as well as how often and what dose you take. Be sure to include your blood-pressure medications, diet pills, herbal supplements, vitamins or any other types of medication/pills. Please tell your surgeon about medications you are taking before you go for your lab tests.

You may be asked to either visit Pre-Surgical Testing or go to your primary-care physician so that additional tests may be performed.

We can perform tests that your physician orders if your insurance carrier allows the hospital to do so. Bring any recent test results, EKG or X-ray reports with you to this interview or have the results faxed to **703-391-3992**. You will need to arrive 30 minutes before your interview to complete your preliminary health history.

If a phone interview is scheduled, it still may be necessary to have labs, EKG, etc., faxed to presurgical testing for review. To ensure adequate time to review, please fax all pre-op history (i.e., EKG, labs, consultations) to Pre-Surgical Testing as soon as it is available. This will allow time for follow-up and avoid delaying your surgery.

Free parking is available in the lot directly across from the hospital's entrance. Proceed to the Main Entrance and to the second floor. Free valet parking is also available; no tipping is allowed.

Registration

A member of the financial quality coordinator team will:

- Contact your insurance carrier to verify benefits. Please contact your carrier regarding its requirements for pre-certification or pre-authorization.
- Contact you by phone to complete the registration process and confirm your contact and insurance information.
- Discuss and make arrangements with you for any financial responsibilities not covered by your insurance carrier.

Payment arrangements must be made before we provide services. Please be prepared to pay co-pays and deductibles before service. Payment may be made by credit card during your telephone interview with the financial quality coordinator. Payment on the day of service may be made by cash, VISA, MasterCard, check or money order.

If you do not have insurance, please be prepared to pay a deposit of \$500. You should contact the financial coordinator before the date of surgery at **703-391-4566**.

Important Phone Numbers You May Need

Pre-Surgical Testing Appointment.....	703-391-3500
Pre-Surgical Testing Department.....	703-391-3759
Pre-Surgical Testing Fax.....	703-391-3992
Surgical Services.....	703-391-3721
Financial Counseling.....	703-391-4566

In Case of Cancellation

If you develop a cold, fever, persistent cough, infection or become ill within 48 hours of your surgery, or if need to cancel for any reason, call your surgeon.

Preparation for Surgery

The type of anesthesia your surgery requires will determine how to prepare yourself before you come to the hospital. You may discuss your anesthesia options with an anesthesiologist by calling **703-391-3037**.

It is extremely important that you confirm your instructions for anesthesia with sedation. Failure to follow eating and drinking restrictions could increase the risk of complications and lead to cancellation of your surgery. When in doubt about your instructions for anesthesia, call **703-391-3721**. A nurse will tell you which medications to take, if any, with a little water.

To reduce bacteria on your skin:

1. Bathe or shower with Hibiclens before arriving.
2. Do not apply lotion, perfume, cologne, or hair-care products.
3. Do not shave your surgical site at home before surgery, unless instructed to do so.
4. Do not wear makeup, jewelry (including body piercing), watches, earrings or rings.

Make Plans for Transportation

You must arrange to have someone drive you home after your surgery. Public transportation (i.e., bus or taxi) is not a satisfactory method of transportation after outpatient surgery. In addition, someone should stay with you at home for 12 to 24 hours after your surgery.

Your escort is welcome to wait in one of our lounges or may pick you up at the main entrance after you have had time to recover. We suggest that you limit the number of escorts to one or two, and we request that your escort does not bring children.

If the surgery will interfere with your vision or ability to use your arms, hands, legs or feet, have someone accompany you when you come in.

Otherwise, you will need to provide us with phone numbers to contact your ride. If you are being admitted to the hospital, it is a good idea to bring a small overnight bag with toiletries, a robe and slippers. If you have been using splints, slings or crutches before the operation, bring them with you.

Special Instructions for Children

Parents can call for a walk-through tour before their child's surgery date. Call 703-391-3721 to schedule an appointment for a walk-through tour.

Children preparing for surgery require special attention. For example, it is reassuring for children to have a favorite small toy or familiar item from home. In addition, parents should be aware of dietary restrictions and make sure children follow them exactly, especially the morning of surgery. You will be given eating and drinking instructions for your child.

Patients under 18 must be accompanied by a parent or legal guardian on the day of surgery or for any required pre-testing during the surgical process. It also is necessary for the parent or legal guardian to sign an Informed Consent for Surgery form for children under age 18 before their surgery takes place.

One parent will be allowed in the Post-Anesthesia Care Unit (PACU), at the nurse's discretion, when your child is awake.

When it's time to leave the hospital, we suggest two adults be available in case your child needs comforting or special care.

Day of Surgery

Parking: All parking is free. Valet parking is also available. No tipping is allowed.

Sign In: When you and your escort arrive at the Main Entrance, please report to the Surgical Services desk on the second floor to sign in.

Interview: Several members of our staff will ask you questions to help ensure your safety during surgery. Be sure to ask any questions you may have, as well.

Change Clothes: You will change into a hospital gown, cap and slippers.

Getting Ready for Surgery: Most patients receiving anesthesia will receive intravenous fluids. You will be taken to the operating suite on a stretcher or in a wheelchair. Again, be sure to ask any questions you may have.

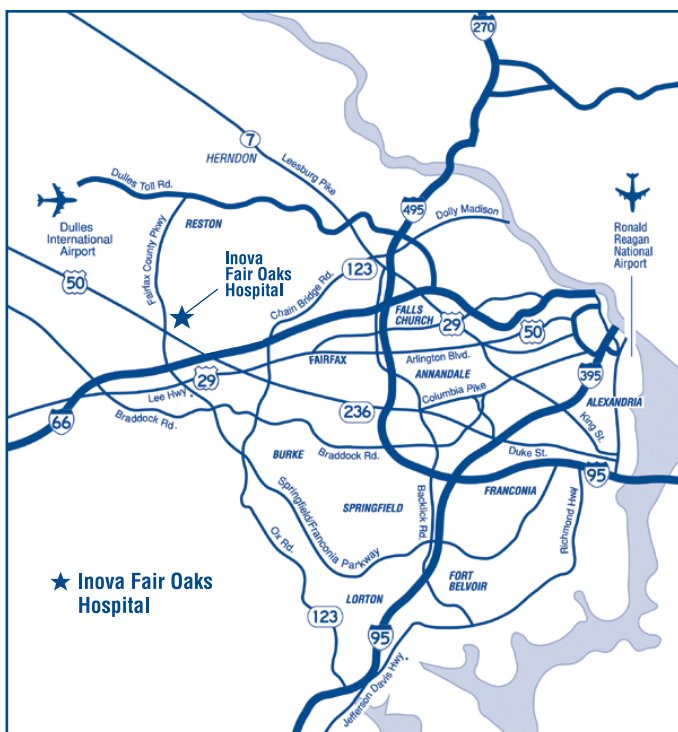
Operating Room: Once you arrive in the operating suite, medical staff will help you move onto the operating table. You will notice many lights over your head. The room will probably feel cool. The operating room nurse and anesthesia provider will explain everything to you, and they will remain with you during surgery.

After Surgery

Recovery: After surgery, you will be taken to the recovery room, also known as the Post-Anesthesia Care Unit (PACU). You will be monitored until most of the anesthesia wears off.

Pain Control: Although some pain can be expected as your body responds to surgery, your nurse and physician will work closely with you to provide medications to reduce your pain. Because each patient and pain experience is different, it is important to let your nurse know about any pain you have.

Final Stage: After you have recovered in the PACU, you may be moved to the Same-Day Surgery Unit, where your escort can join you. If you are to be admitted overnight, you will go to the PACU, then be taken to a patient room, and your family will be notified.



Inova Fair Oaks Hospital—703-391-3600 3600 Joseph Siewick Drive, Fairfax, VA 22033

Going East or West on I-66: Exit onto the Fairfax County Parkway, 7100 north (towards Reston). Cross over Rt. 50 (Lee-Jackson Memorial Highway). After crossing over Rt. 50, turn right at the light onto Rugby Road. Follow Rugby Road to the second right on Joseph Siewick Drive.

Going East or West on Route 50: Take the Fairfax County Parkway exit north. Turn right at the light onto Rugby Road. Follow Rugby Road to the second right on Joseph Siewick Drive.

Going North on West Ox Road toward Reston/Herndon: Turn left at Navy Elementary School onto Ox Trail Road. Make first left onto Joseph Siewick Drive.

Going South on West Ox Road away from Reston/Herndon: Turn right at Navy Elementary School onto Ox Trail Road. Make first left onto Joseph Siewick Drive.

Discharge Instructions

Instructions: When you are ready for discharge, a nurse will review the instructions specific to your surgery and anesthesia type. A written copy will be given to you. Feel free to ask any questions before you are discharged.

Going Home: You will be escorted to the hospital main entrance, where a family member or friend must pick you up. Your escort can check at the Surgical Services desk, located on the second floor, to see if you are ready to be picked up.

- Do not drive, operate machinery, drink alcohol or make any major decisions for at least 24 hours.
- Plan to rest for at least 12 hours after you get home. It is common to feel tired, dizzy, sleepy or slightly nauseated after a surgical procedure.

For outpatient surgery, you can expect to receive a post-operative follow-up phone call from our nursing staff within 24 business hours after you are discharged.



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



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