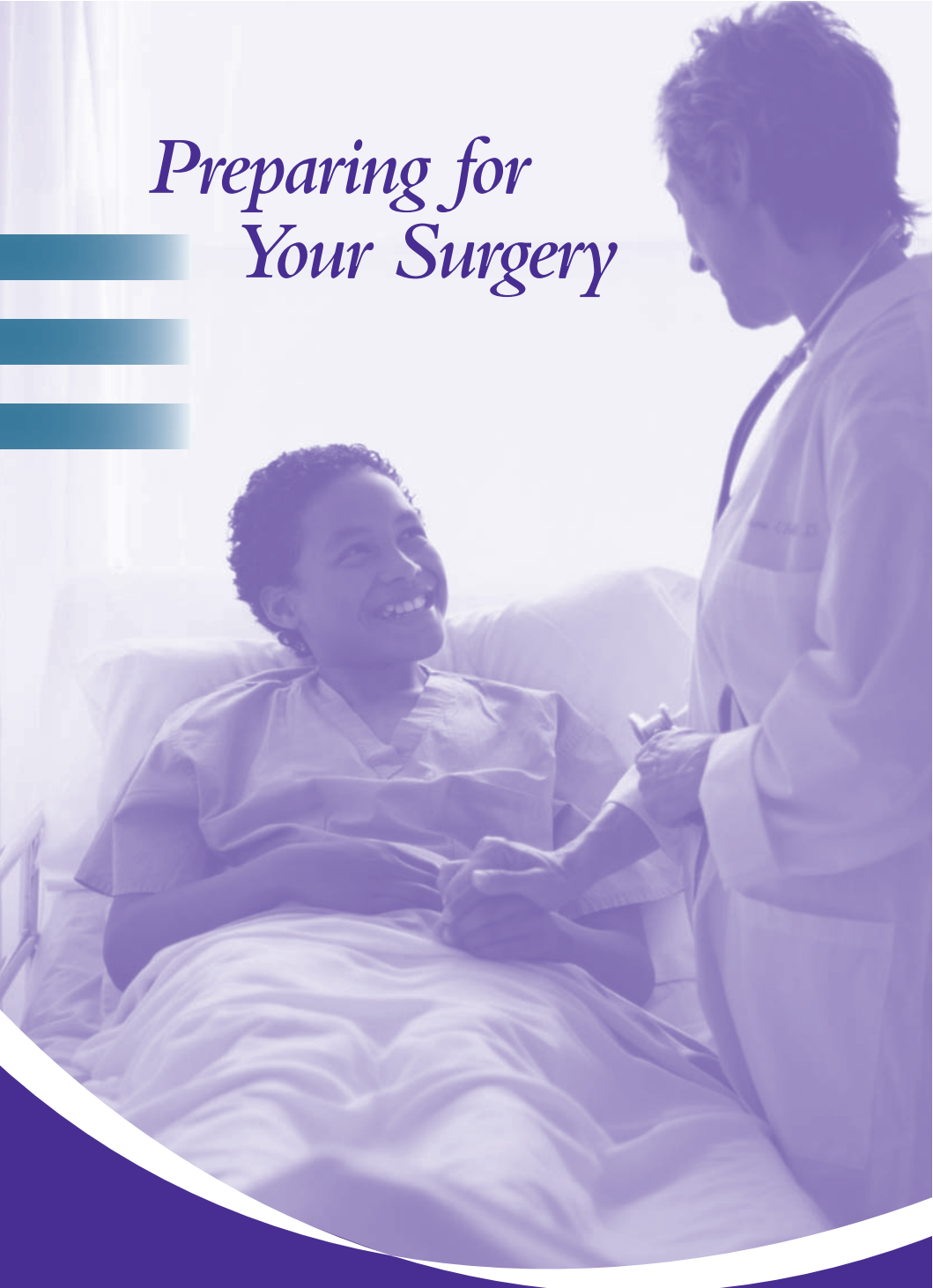


# *Preparing for Your Surgery*



INOVA® LOUDOUN  
HOSPITAL



## *Welcome!*

THANK YOU for choosing  
Inova Health System for your  
upcoming procedure/surgery.

Our goal is to provide you  
with excellent care in a safe and  
comfortable environment.

Please read through this  
brochure carefully. It should  
answer most of your questions  
about your upcoming procedure.

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## *Surgical Team*

This brochure explains how to prepare for your surgery, tells you what to expect, answers frequently asked questions and gives you an introduction to your surgical team. Your team includes an interview nurse, preoperative (pre-op) nurse, anesthesiologist, nurse anesthetist, surgeon, operating room technicians and nurses, and postoperative (post-op) staff. Your surgical team works together to give you an excellent overall experience with the best possible outcome.

## *Prior to Surgery*

**PREREGISTRATION:** When your surgery date has been confirmed, call the registration clerk to verify your address and insurance information.

**For surgical preregistration, call 703-858-6683.**

**INTERVIEW:** Prior to your surgery, a pre-op interview nurse will conduct a telephone interview.

During the interview, the nurse will review your medical history, including your allergies, the medications you are taking, and previous surgeries. Please have this information available. She will also let you know if you need any testing before your surgery, such as labwork or an electrocardiogram (EKG), as well as provide other important information and instructions you will need to prepare for surgery.

Please update your phone numbers at your surgeon's office, including cell phone numbers, so we have the correct numbers to reach you. You may also call the pre-op interview secretary weekdays, between 8:30 a.m. and 4 p.m., at **703-858-6768**.

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**LABS/EKG:** You may need testing prior to your surgery based on your age and medical history. Your surgeon and/or the interview nurse will give you the necessary paperwork if you need any labwork or an EKG.

Patients who are 50 years old or older, or have cardiac disease, need to have had an EKG within six months of surgery. These tests can be performed either at the hospital or at your primary care physician's office, depending on your insurance.

**If you have tests at your physician's office, or at an outside lab, the results must be faxed to your surgeon AND the hospital. Please have results faxed to:**

**Inova Loudoun Hospital (ILH) Pre-op Interview  
Fax: 703-858-6425**

**HISTORY AND PHYSICAL EXAM:** All patients must have a history and physical exam prior to surgery. Your surgeon may perform the physical exam, or you may be sent to your primary care physician to have this done.

## *Preparation for Surgery*

**EATING AND DRINKING:** Do not eat or drink anything after midnight the night before your surgery. You may brush your teeth and gargle in the morning, but do not swallow any liquids.

**MEDICATIONS:** The interview nurse will let you know which medications to take before surgery. When applicable, you will be referred to your surgeon regarding your anticoagulation medication.

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**BATHING, CLOTHING & EYEGASSES:** You are to have a bath or shower either the night before or the morning of surgery. After bathing/showering, do not apply lotion or powder to your skin. *(Orthopedic patients, please refer to the Orthopedic section, page 9.)*

- Wear loose-fitting, comfortable clothing.
- Do not wear any makeup.
- Do not wear contact lenses. You may wear your glasses and bring a case for their safekeeping during surgery.
- You may wear your dentures; if necessary, we will supply you with a denture cup when you arrive.

**JEWELRY AND VALUABLES:** Leave all valuables (including your wallet and purse) at home.

- Remove and leave at home, all jewelry including wedding rings, earrings and all other body piercings.
- Do bring with you, your insurance card, an identification card, and any applicable co-payments or deductibles.

**TRANSPORTATION:** You are not allowed to drive for at least 24 hours after having anesthesia. You must be accompanied by an ADULT DRIVER to ensure your safety. Taxicab, bus or any other public transportation is not allowed. The only time you are allowed to drive is if you have been scheduled for local anesthesia without any sedation.



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## *Day of Surgery*

**ARRIVAL:** You will need to arrive one and a half hours before your scheduled surgery and go to the registration area. (Cesarean Section patients need to arrive two hours before scheduled C-Section). Parking is free at the hospital.

The registration clerk will check your identification, your insurance information, and give you a wristband, which will safely identify you to all the members of your surgical team. You will be asked to check this wristband to make sure all the information is correct. The registration clerk will then direct you to the surgical waiting area.

**GETTING READY:** Your pre-op nurse will escort you into your private room in the preoperative area. Here you will change into a gown, cap and slippers. Your pre-op nurse will start an intravenous (IV) line. For your safety, other members of your surgical team will visit you: your anesthesiologist, nurse anesthetist, operating room nurse and your surgeon. They will ask you questions and give you an opportunity to ask questions. A pad of paper and pen is in the room for you to write down your questions so you won't forget them. For your safety, your surgical team members may ask some of the same questions to ensure we have your correct information. Your family member or friend, who accompanied you, may stay with you until you go into the operating room. We will give him/her a beeper so we can stay in contact during and after your surgery.

We want you to be warm and comfortable for your surgery. Your nurse may offer you a warming blanket.

**SURGERY:** When your team is ready for your surgery, medication will be administered into your IV that will make you feel relaxed. You will then be taken into the Operating Room.



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## *After Surgery*

**FIRST STAGE RECOVERY:** Following surgery, you will be taken to the Post Anesthesia Recovery Unit (PACU) or First Stage Recovery. Here another member of your surgical team, your PACU nurse, will monitor you until your anesthesia wears off and you achieve adequate pain control. You may be in the PACU

for an hour or more. Your surgeon will communicate with your family member or friend in the waiting area to update him/her and answer questions.

**SECOND STAGE RECOVERY:** As you recover from the anesthesia, you will be moved to the Second Stage Recovery Unit. The next member of your surgical team, your second-stage recovery nurse, will also monitor you, give you something to drink and allow you to sit in a chair to help you get ready to go home. Your family member or friend will be called to stay with you. When you are ready to go home, we will escort you to your car.

**PAIN CONTROL:** You may experience some pain after surgery. Your recovery nurses will work

closely with you to provide pain control medication. You will be asked to rate your level of pain on a scale of 0 to 10 (no pain to severe pain). This helps “measure” your pain so we can select the most effective pain control medication and dosage for you.



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## *Discharge*

**INSTRUCTIONS:** Your second-stage recovery nurse will review your discharge instructions with you and your family member or friend, and answer your questions. A written copy of the instructions will be given to you.

There are standard instructions for all patients having surgery. You will not be allowed to drive, operate any machinery, drink alcohol or make any major decisions for at least 24 hours after your surgery,

unless you have had local anesthesia without IV sedation. In addition, try to rest at least 12 hours after you get home. It is common to feel tired, dizzy, sleepy or slightly nauseated after a surgical procedure.

**FOLLOW-UP CALL:** A nurse will call you within a few days following your surgery, to make sure there are no problems, and to answer any questions you may have.

**FOLLOW-UP SURVEY:** You may be contacted by an independent consulting firm who will

be conducting a satisfaction survey on our behalf. It is our hope you will participate in this survey. We value your comments and feedback. We want to know how well we met your expectations of safe care and excellent quality of service.



## *Pediatric Patients*

**EATING/DRINKING BEFORE SURGERY:** Please follow specific instructions given by the pre-op interview nurse on taking food, milk or clear liquids before surgery.

**IV:** Generally, in younger children, anesthesia is administered through a mask and the IV is started after the child is asleep. For older children, it is usually safer to start an IV first. The skin is always numbed prior to IV insertion.

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**PARENTS:** You will be able to stay with your child until he/she goes into the OR. Parents are asked NOT to leave the hospital while your child is in surgery. After surgery, your child's surgeon will report to you in the waiting room to update you and answer your questions. As soon as possible after surgery, your child's recovery room nurse will call you to be with your child.

We encourage you to have your child bring a favorite blanket or toy to the hospital. If your child is admitted to the hospital, you are welcome and encouraged to stay in the hospital with your child.

## *Orthopedic Patients*

In addition to other information in this booklet, all orthopedic patients will be asked to come to the hospital (within two weeks of your surgical date), to be tested for MRSA. This is a lab test that detects a type of bacteria that is resistant to some antibiotics. The test involves taking a sample from inside your nostrils with a cotton-tipped swab. You will also be given an antibacterial antiseptic to cleanse with the night before and the morning of surgery. This cleansing process decreases the amount of bacteria on your skin to help prevent infections. You will be given an instruction sheet on how to use the antiseptic cleanser.

**JOINT CAMP: Joint Replacement** patients are encouraged to attend a class (Joint Camp) before surgery that will address issues concerning post-op expectations, physical therapy and planning for recovery at home. You may ask questions, and learn from the questions of other joint replacement patients in your class. Your pre-op interview nurse will give you the dates of the Joint Camp class closest to your date of surgery. You can also sign up by calling the pre-op interview secretary at **703-858-6768**.

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## *Cesarean Section Patients*

**ARRIVAL:** Arrive two hours before your scheduled Cesarean section. Report directly to the Birthing Inn, which is located at the rear of the hospital.

Your husband or significant other can be present during the delivery. One person may stay with you throughout your hospitalization.



**VISITORS:** Visiting hours are 11 a.m. to 8 p.m. All siblings are welcome. However, other children under the age of 12 are not allowed, due to the possibility of introducing an infection to the infant. Babies are encouraged to room-in with Mom, but the nursery is always available when you need a rest.

**EDUCATION:** The Family Education Series offers support and information on preparation for childbirth, tours, newborn care, breastfeeding and sibling

classes. For information on classes offered at Inova Loudoun Hospital, call **703-858-6360** or visit [www.thebirthinginn.org](http://www.thebirthinginn.org).

## *General Questions, Comments, Feedback*

We want your visit to the Surgical Services Department of Inova Loudoun Hospital to be an excellent, safe and positive experience. Please feel free to call us with your questions, comments or suggestions.

**Surgical Department: 703-858-6490**

# Inova Loudoun Hospital Surgery Checklist

Your surgical procedure:

Your surgery is scheduled for:	Date:	Time of Surgery:
<b>Time to Arrive</b> at ILH	a.m./p.m.	

**Preoperative Interview:** The pre-op interview nurse will obtain your medical history prior to surgery. Please be prepared to give the nurse the following information:

- Medications with dosages and how often you take them. This includes all herbal and over-the-counter medications.
- Previous surgeries/procedures.
- All allergies.
- Name and number of doctors you have seen in the past six months.

**Pre-op Testing:** If tests are done at your Primary Care Physician's office, please ask them **to fax test results** to Inova Loudoun Hospital, **Fax: 703-858-6425**

<b>Pre-op Testing</b> scheduled at Inova Loudoun Hospital:	Date:	Time:
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Orthopedic patients will be instructed to come in for a MRSA swab within 14 days of their scheduled surgery.

Special Instructions:



Inova Health System is a not-for-profit health care 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 we serve through excellence in patient care, education and research.

[www.inova.org](http://www.inova.org)

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*Inova Loudoun Hospital  
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