Welcome

Thank you for choosing Inova Fair Oaks Hospital for your upcoming procedure. We take pride in providing excellent, safe care, and making you as comfortable as possible before, during and after your surgery.

This guide will provide information on how to prepare for your procedure, what to expect once you arrive at the hospital, and how to plan for your care after surgery.

Sincerely,

Inova Fair Oaks Hospital

Arrival Time: _____

Procedure Date: _____

Procedure Time: _____

Important Phone Numbers:

Main Hospital operator.....703.391.3600

Presurgical Scheduling.....703.391.3500 #3

Presurgical Services Nurse.....703.391.3759

Presurgical Services Fax.....703.391.3992

Financial Counseling.....703.391.4566

Central Billing Office.....703.391.3614

Medical Records office.....703.391.3829

Prior to Surgery Checklist

Schedule your pre-surgical phone interview at least 2-3 weeks before your surgery by calling **703.391.3500, option 3.** Please have your insurance cards, social security number and date of surgery available at the time of scheduling.

- ❑ Arrange necessary appointments for EKG, laboratory tests, X-rays, MRSA swabs, medical and cardiac clearances, etc. (if applicable)
  - Fax results of any of the above tests to **703.391.3992**
- ❑ If you take blood thinners or insulin, please contact your prescribing doctor for instructions regarding dosage pre and post-surgery.

Nurse Phone Interview Worksheet

Please have the following information available for your scheduled phone interview with the nurse:

- ❑ Photo ID to verify name and DOB
- ❑ List of your current medications, including over the counter medications, vitamins and supplements, with dosages and how often taken:

_____

_____

_____

_____

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- ❑ List of past procedures you may have had that required anesthesia:

_____

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_____

Names and numbers of PCP and other specialists:

_____

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Week Before Your Surgery Checklist

- ❑ If you are scheduled for outpatient surgery, please verify arrangements for a responsible adult to accompany you home as well as someone to stay with you overnight after surgery. PUBLIC TRANSPORTATION IS NOT ACCEPTABLE. A taxi may be used only if a responsible adult is accompanying you.
- ❑ Please arrange childcare prior to surgery and limit the number of family members accompanying you. Only one at a time will be allowed in the discharge area. Please be aware of visitor restrictions during flu season.
- ❑ The hospital recommends that you purchase and shower with OTC antibacterial soap called Hibiclens® for 3 days before your surgery and the day of surgery.
- ❑ Review instructions provided by your nurse during the phone interview process and don't hesitate to call if you have questions. Call the number provided by the nurse or Pre Surgical Services at **703.391.3759** between the hours of 8:30 am to 5:30 pm.
- ❑ Payment arrangements must be made before we provide services. Please be prepared to pay co-pays and deductibles before service. Contact your insurance provider to find out what you are responsible for. If you have questions contact financial counseling department **703.391.4566**.

SURGERY WILL BE CANCELLED IF:

you develop a cold, fever, persistent cough or infection within 48 hours of your procedure. When in doubt, call your surgeon. Failure to follow dietary and drinking restrictions could increase risk of complications and may result in cancellation.

Day Before Surgery Checklist

- ❑ Review dietary restrictions and medications and follow instructions provided by your nurse during the phone interview process.
- ❑ Remember after the final shower with antibacterial soap, do not apply lotions or cream. No hair products, makeup or perfume/aftershave. Remember not to shave the surgical site.
- ❑ Don't hesitate to call if you have questions. Call the number provided at the time of interview or Pre Surgical Services at **703.391.3759**
- ❑ Children preparing surgery require special attention. It is reassuring to them to have a favorite toy or stuffed animal from home. It is imperative for parents to be aware of dietary restrictions prior to procedure. Make sure there are no cups of water or crackers next to their bed or in the car. Parents must stay in the building the entire time of the procedure. Children 18 or under are required to have parents sign consent.

Day of Surgery Checklist:

Arrival Location, Day of Surgery

_____

Bring the following:

- ❑ Driver's license or valid photo ID, insurance card, co-pay (Cash, check, Visa MasterCard or money order) if applicable.
- ❑ Bring previous x-rays, MRI's or CT's if instructed by your surgeon.
- ❑ If obtainable bring copy of advanced directive, living will or Power of Attorney.
- ❑ If instructed by nurse, bring CPAP machine (cleaned and emptied) and any inhalers.
- ❑ Bring a case for glasses and/or dentures. Contacts and dental appliances must be removed.
- ❑ If you are staying overnight, please leave your bag in the car until you have been admitted and your family can bring it to you.

Leave at home:

Please leave valuables and ALL jewelry (including rings and piercings) at home. You must not wear any jewelry including wedding rings. WE CAN NOT BE RESPONSIBLE FOR VALUABLES. Dress comfortably and as light as possible.

Limited space available for coats and belongings especially in winter season.

Please refer to the map on the last page of this document.

Complementary valet parking is available from 5:30 am - 6:00 pm. No tipping please.

Use the main entrance of the hospital and come to the second floor Surgical Services desk right when you get off the elevator.

Registration: Located immediately upon exiting the elevator on the second floor. You will see a sign stating Surgical Services. Please be prepared to present your driver's license, insurance card and co-pay if applicable when you register. Also, please provide the name and contact number for the person staying with you or picking you up.

Pre-Op: A nurse will bring you back to the pre-op area and have you change into a hospital gown, cap and slippers. Women of child bearing age will be asked to provide a urine sample at this time.

Questions: At this point you will be interviewed again by several personnel. All questions are to ensure we provide the best and safest care available. This is also the opportunity for you to ask questions to your surgeon and anesthesia provider.
Following your procedure, you will be taken to the Post Anesthesia Care Unit (PACU) and supervised until most of the anesthesia wears off. You will be served clear liquids and crackers when it is safe to do so.

Pain Control: Although some pain can be expected as your body responds to surgery, your nurse, surgeon and anesthesiologist will work with you to provide adequate medications. It is important to let your nurse know about any pain you have.
If you are staying with us, you will be taken to your room and your family will be notified of your room number

Phase II of Recovery and Discharge

When you are ready for discharge a nurse will review the instructions provided by your surgeon. Please ask any questions at this time. A copy of instructions will be given to you and a signed copy will be collected by the nurse.

You will be taken to the hospital main entrance via wheelchair to meet your responsible party.

Do not drive, operate heavy machinery, make any major decisions, or drink alcohol for at least 24 hours. Plan to rest at least 12 hours after surgery. Make sure you are getting up to the bathroom and taking frequent slow deep breaths once you get home. Take your time moving from one location to the next and sit at the bedside or chair for a few minutes before getting up. Nausea and dizziness are common side effects after surgery.

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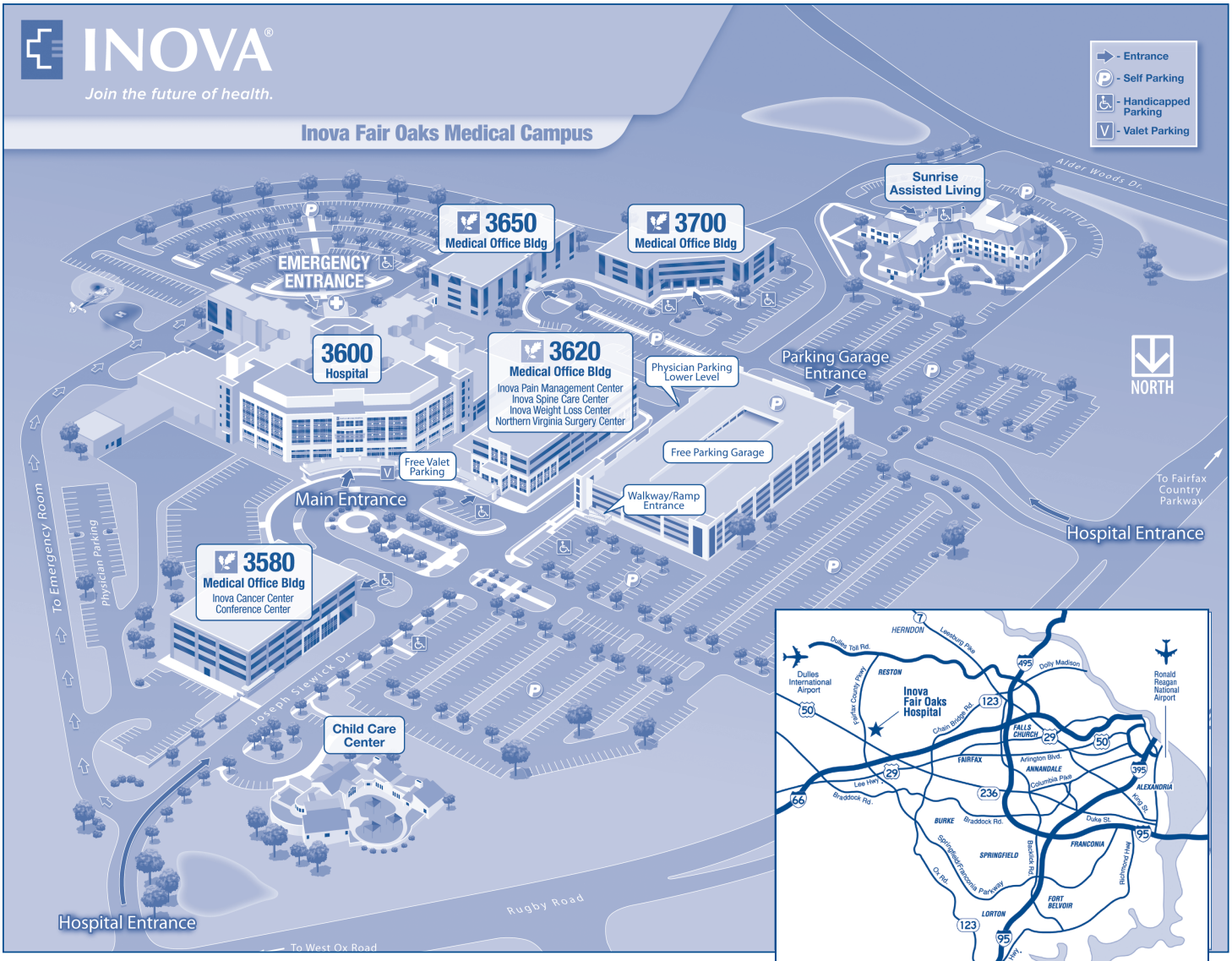
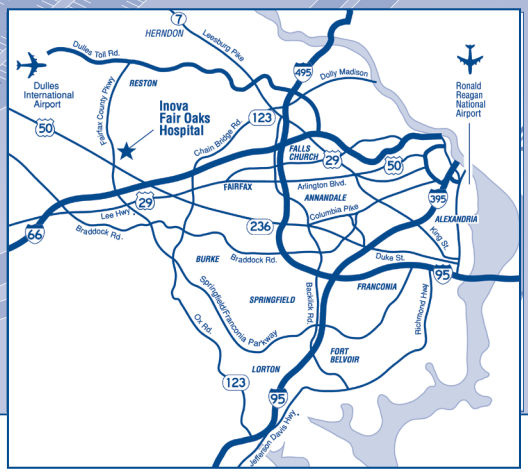
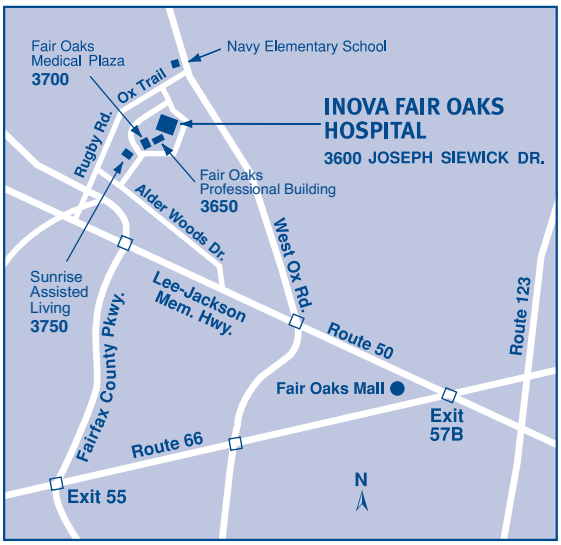
Inova Fair Oaks Medical Campus







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, 286 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 (286) 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.