

Patient name

Procedure

Date

Arrival time

## Before Your Surgery

**Interview:** After your procedure has been scheduled with your physician, it is very important that you fill out a medical history online at [www.onemedicalpassport.com](http://www.onemedicalpassport.com).

Upon completion of your medical history, please contact us Monday-Friday, 7:30 AM-4:00 PM, at **571-209-6441** or **571-209-6440** to speak with one of our Pre-op interview nurses. During the interview, we will review your medical history and provide instructions to prepare for your procedure. If your medical history is not completed early enough, it may result in the need to reschedule your procedure.

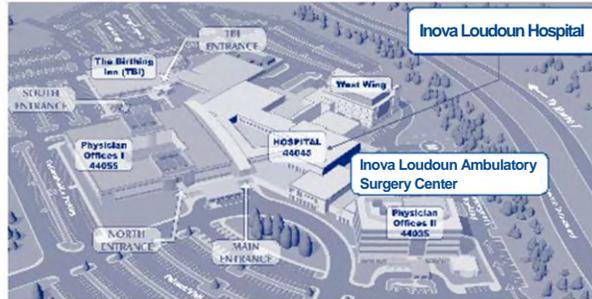
You will also be contacted for verification of your insurance information.

**Patient Rights and Responsibilities:** Visit our website at [www.loudounsc.com](http://www.loudounsc.com) to read our Patient Rights and Responsibilities brochure.

**Labs/EKG:** You may need lab work or an EKG before your surgery (check with your surgeon to see if this is required). Your surgeon may do this or you may be sent to your primary care physician to have the lab work completed. It is important that you fax any test results or other test information to us at **571-209-6477** before the day of surgery.

**History and Physicals:** All patients are required to have a history and physical exam before surgery. Your surgeon may do this or you may be sent to your primary care physician complete the physical. Again, it is important that you fax the physical to us at **571-209-6477** before your surgery.

Inova Loudoun Ambulatory  
Surgery Center 44035 Riverside  
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VA 20176 P: **571.209.6465**  
Fax: **571.209.6478**



Inova Loudoun Medical Campus

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INOVA LOUDOUN AMBULATORY SURGERY CENTER provides free aids and services to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters and some written information in other formats upon request (large print, accessible electronic formats, other formats). We provide free language services to people whose primary language is not english, such as: qualified interpreters and information written in other languages. If you need these services, please contact 571-209-6465.

## Preparing for Your Surgery



Inova Loudoun Ambulatory Surgery Center



## Preparation for Surgery

The type of anesthesia you have determines what you need to do to prepare for surgery. Your surgeon will tell you what type of anesthesia will be used. Please follow the instructions below for the appropriate anesthesia:

### **General, Regional, Epidural, Spinal or Local with Monitored Anesthesia Care (Local MAC):**

- „ Do not eat or drink after midnight the night before surgery. You may take your prescription medications with a sip of water. You may brush your teeth. To reduce bacteria on your skin, bathe or shower before arriving but do not apply lotion to your skin after bathing.
- „ Do not wear makeup or jewelry. If you wear contact lenses, we recommend that you remove them and wear your glasses. If you wear contact lenses to the center they may have to be removed, so bring a contact lens container with you. We do not take responsibility for any jewelry, money or valuables, so leave them at home. Bring only your picture ID, insurance card and any co-pays that are applicable.
- „ Because you will not be able to drive for 24 hours, an adult must accompany you and drive you home to ensure your safety. Transportation by taxi is acceptable as long as another responsible adult accompanies you.

## Day of Surgery

**Arrival:** You will need to arrive at least one hour before your scheduled surgery. Free parking is available in front of the building. Upon entering the building, take the elevator to the second floor, Suite 200. Proceed to the sign-in desk to check in. Please bring your photo ID and your insurance card with your co-payment, if applicable. If you have insurance questions, call **571-209-6427**.

**Preparation:** At the time of surgery, you will be escorted into the preoperative area, where you will change into a gown, cap and slippers. An intravenous line will be started using a small amount of local anesthetic so that it does not hurt.

**Surgery:** When you have been prepared, and after you have seen your doctor, the anesthesia provider and the RN who will be with you during your procedure will escort you to the operating room. The operation room will probably feel cool. Although we will try to explain everything to you as we go, feel free to ask any questions you may have.

## After Surgery

**Recovery:** Following surgery, you will be taken to the Post Anesthesia Recovery Unit, where you will be monitored until your anesthetic has worn off. During this phase, you may begin to experience some discomfort.

**Pain Control:** Although some pain can be expected with any surgery, your nurse will work closely with you to provide pain-control medication. You will be asked to rate your level of pain on a scale of zero (no pain) to ten (severe pain). **This helps “measure” your pain, to select the most effective pain-control medication.**

**Final Stage of Recovery:** As you recover from the anesthetic, we will move you to the second-stage recovery unit, where a family member or friend can join you. When you feel able to go home, you will be taken to your car and may leave.

## Discharge

**Instructions:** A nurse will review instructions specific to your surgery and anesthetic when you are ready to leave. A written copy will be given to you. Please feel free to ask any questions you may have. You also may be asked to complete a patient satisfaction survey. This is voluntary, and we welcome your feedback.

**Going Home:** A staff member will accompany you to your car. **An adult must accompany you and drive you home.** Please remember that you should not drive, operate machinery, drink alcohol or make any major decisions for at least 24 hours. 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. If you have any questions, feel free to call us.

**Follow-up Call:** A surgery center staff member will call you the day after your surgery to make sure there are no problems and to answer your questions. Once again, we welcome your comments and feedback. You may receive a phone call from an independent surveyor regarding the care that you received. Our goal is to be rated excellent in each area of care. If you feel you did not receive excellent care, please call the surgery administrator at **571-209-6470**. Your feedback and concerns are important to us.