

## Discharge

Because you are not allowed to drive for 24 hours, and to help ensure your safety, **an adult over the age of 18 must accompany you and drive you home.** Your ride must be available to pick you up when the nurse calls. Transportation by taxi is acceptable as long as a responsible adult is with you.

**Instructions:** When you are ready to leave, a nurse will review instructions specific to your procedure. A written copy of your instructions will be given to you. Please feel free to ask any questions you may have.

**Going Home:** A staff member will accompany you to the Inova HealthPlex - Lorton exit where a family member or friend can pick you up. Remember that you are not to 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. We recommend that you have someone stay with you on the day of surgery. If you have any questions, please call us at **703.672.2640**.

**Follow-Up Call:** A member of the Inova Surgery Center staff will call you the day following your procedure to make sure there are no problems and to answer any questions you might have. Once again, we welcome your comments and feedback.

**Satisfaction Survey:** You may be contacted by an independent surveyor regarding the care that you received. Our goal is to be rated excellent in each area of your care. If you feel you did not receive excellent care, please contact the surgery center administrator at **703.672.2623**. Your feedback and concerns are important to us.

Inova Ambulatory Surgery Center at Lorton  
 Inova HealthPlex - Lorton  
 9321 Sanger Street, Suite 200  
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## Inova Ambulatory Surgery Center at Lorton



## Inova Ambulatory Surgery Center at Lorton

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ a.m./p.m.

Arrival Time: \_\_\_\_\_ a.m./p.m.

We look forward to caring for you during your surgery. Our goal is to make your experience as pleasant and comfortable as possible. This brochure explains how to prepare for your surgical procedure, tells you what to expect, and answers questions you might have.

### Prior to Surgery

**Interview:** After your procedure has been scheduled, we will call you for a telephone interview. Or you may call us at your convenience between 8:30 a.m. and 4:30 p.m., Monday - Friday at **703.672.2634**. During the interview, we will review your medical history and provide instructions to prepare for your procedure.

**Labs/EKG:** You may need lab work and an EKG (electrocardiogram) prior to your surgery. Check with your surgeon to see if these are required. Your surgeon may complete the tests or may send you to your primary care physician to have the lab work completed. It is important to have test results or other information faxed to us prior to the day of surgery. Please fax the information to **703.672.2651**.

**History and Physical Exam:** All patients are required to have a history and physical exam prior to surgery. Your surgeon may do this or you may be sent to your primary care physician to complete the physical. Again, it is important to have this information faxed to us prior to your surgery. Please fax the information to **703.672.2651**.

**Insurance/Payment:** Please be prepared to provide our Business Office with insurance information. Some insurance companies require preauthorization before procedures. Please contact your insurance carrier about these requirements, if you have any questions.

Your insurance company also can give you information on the amount you may have to pay to meet your deductible and/or co-pay. When you arrive on the day of your procedure, we will ask you to sign a form stating you are financially responsible for any services rendered that are not covered by your insurance carrier.

### Preparation for Surgery

Your surgeon will tell you what type of anesthesia will be used. Follow these instructions for all types of anesthesia:

- Do not eat or drink after midnight the night before surgery. You may have up to 8 ounces of clear liquid or black coffee two hours prior to your surgery.
- Take your regular medicines, as scheduled, with small sips of water.
- You may brush your teeth.
- Bathe or shower before arriving, but do not apply lotion to your skin after bathing.
- Do not wear makeup or jewelry. Wear your glasses instead of contact lenses. If you must wear your contact lenses, you may need to remove them so bring a contact lens container with you.
- Please leave all jewelry, money, or valuables at home.

### What To Bring:

- Photo ID
- Insurance card(s)
- Container for eyeglasses or contact lenses
- A list of medications with dosages and how often you take the medications
- Amount quoted to meet your deductible and/or co-pays
- Telephone number of adult driver or escort taking you home

### Day of Surgery

**Arrival:** Please arrive at the Inova Ambulatory Surgery Center at Lorton approximately one hour prior to your scheduled surgery. Plenty of free parking is available around the Inova HealthPlex - Lorton building. The surgery center is located on the second floor of Inova HealthPlex - Lorton. Take the elevator located straight ahead as you enter the building or the stairs located on the left. Please proceed to check-in at the reception desk.

**Getting Ready:** Before your surgery, you will be taken to the preoperative area to change into a gown, cap, and slippers. You may leave your undergarments on unless they interfere with the surgical procedure. An intravenous line (IV) will be started using a small amount of local anesthetic to numb the area.

**Surgery:** When we are ready for your surgery, you will be escorted to the operating room. The operating room probably will feel cool. We will make every attempt to explain things as we go, but feel free to ask any questions you may have.

### After Surgery

**Recovery:** Following surgery, you will be taken to the post anesthesia recovery unit. You will be monitored until your anesthetic wears 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 0 (no pain) to 10 (severe pain). This helps “measure” your pain so we can select the most effective pain control medication.

**Final Stage:** As you recover from the anesthetic, you will be moved to the second stage recovery unit. At this time, a family member or friend can join you to review your discharge instructions. When you are ready to go home, we will take you to your car by wheelchair.