

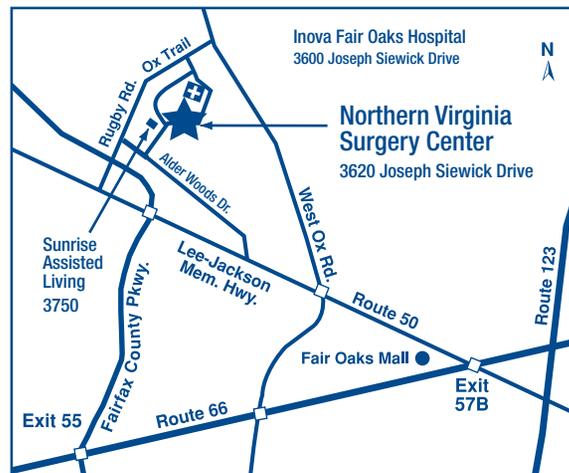
Before Your Surgery

Interview: Before your surgery, one of our nurses will call you to conduct a telephone interview. During your interview a registered nurse will verbally inform you of your Patient Rights and Responsibilities. If this interview does not occur before your scheduled day of surgery your procedure may need to be rescheduled. For your convenience, feel free to call us at **703-766-6944** between the hours of 7:30 a.m. and 4 p.m., Monday - Friday to complete your interview.

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 this completed. It is important that you fax any test results or other test information to us at **703-766-6982** 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 physician to have this completed. **Again, it is important that you fax this to us at 703-766-6982 before your surgery.**

Appointment Date: _____
Appointment Time: _____ am / pm



Northern Virginia Surgery Center
3620 Joseph Siewick Drive, Suite 202
Fairfax, VA 22033
703-766-6960



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**Northern Virginia
Surgery Center**
**Preparing for
Your Surgery**



**Northern Virginia
Surgery Center**

Phone: 703-766-6960

Fax: 703-766-6982

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 medications with a sip of water as instructed by the interview nurse. 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, 18 years or older, 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 the Surgery Center at least one hour before your scheduled surgery. Free parking is available around the building or in the parking garage. Upon entering the building, proceed by elevator to the second floor, Suite 202. Proceed to the sign-in desk to check in. Remember to bring your photo ID, insurance card and your co-payment, if applicable.

Preparation: At the time of surgery, you will be escorted into the preoperative area, where you will change into a gown, cap and slippers. Unless otherwise indicated, an intravenous line will be started.

Surgery: When you have been prepared, and after you have seen your doctor, you will be escorted to the operating room by the anesthesia provider and the RN who will be with you during your procedure. The operating 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 Care Unit (PACU), where you will be monitored until you have recovered sufficiently from your anesthesia to be safely discharged.

Pain Control: Although some discomfort can be expected with any surgery, your nurse will work closely with you to provide pain-control medication, if needed. You will be asked to rate your level of discomfort on a scale of zero (no pain) to ten (severe pain). This helps your nurse better understand your level of comfort.

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. You will be offered something to drink and a snack.

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. Please share your feelings on the care and service you received while at the Center. We truly appreciate your feedback.

Going Home: A staff member will accompany you to your car. Please remember that you should not drive, operate machinery, drink alcohol or make any major decisions for at least 24 hours. It is not unusual 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 center administrator at **703-766-6960**. Your feedback and concerns are important to us!