Welcome

Thank you for choosing Inova Fairfax Medical Campus for your upcoming procedure. We strive to provide the highest quality care in a safe environment. At Inova Fairfax Medical Campus, you will always be treated with compassion and concern.

This guide provides 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. If you have additional questions, please speak with your surgeon or the care team member who interviews you prior to your procedure.

Your First Steps

Once your procedure has been scheduled, please call the Pre-Procedural Evaluation Clinic (PEC) at 703.776.2000 to schedule your pre-operative interview.

- The pre-operative interview usually takes 30 to 90 minutes and may be by phone or in person based on your needs.
- Please let us know if you need an interpreter at the time of scheduling.

During your interview or visit, a care team member will:

- Review your medical history and medications
- Determine any tests you will need before surgery
- Provide important instructions to prepare you for your procedure and anesthesia
- Answer your questions
Preparing for Your Procedure  I  Inova Fairfax Medical Campus

Pre-Procedural Evaluation Clinic

Pre-Procedural Evaluation Clinic Appointment Date:
_________________________________________

Pre-Procedural Evaluation Clinic Appointment Time:
_________________________________________

Inova Pre-Procedural Evaluation Clinic
8260 Willow Oaks Corporate Dr., Suite 650
Fairfax, VA 22031
P: 703.776.2000

Before Your Interview or Clinic Visit

Prepare for your interview/visit by:

• Completing the pre-procedural appointment worksheet. Please have it available for your scheduled phone interview or bring it to your pre-operative visit.

• If you have access to MyChart, please complete your medical history online. To log in to your account, please visit inova.org/mychart.

Pre-Procedural Evaluation Clinic Appointment Worksheet

Current medications including over-the-counter medications, prescriptions, vitamins or electrolytes:

<table>
<thead>
<tr>
<th>Name of Medicine</th>
<th>Dose</th>
<th>Scheduled Time</th>
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Previous procedures and surgeries requiring anesthesia:

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________  

Names of primary care physician and other specialists you see:

<table>
<thead>
<tr>
<th>Physician’s Name</th>
<th>Specialty</th>
<th>Phone Number</th>
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Important Instructions Before Your Procedure

Contact your surgeon in the event that your procedure needs to be rescheduled or canceled. If you become ill or have a fever, please call your surgeon before your scheduled procedure. Do not wait until the day of the procedure.

The following instructions are important for your safety. Please follow all instructions carefully.

Follow the fasting instructions for procedures requiring anesthesia or sedation as outlined below:

<table>
<thead>
<tr>
<th>Solids</th>
<th>Clear Liquids or Ice Chips</th>
<th>Breast Milk</th>
<th>Infant Formula</th>
<th>Nonhuman Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>No solid food after 11 p.m. the night before surgery.</td>
<td>You may have “clear” liquids or ice chips up to 2 hours prior to the specified arrival time. Examples of clear liquids include water, apple juice, sports drinks such as Gatorade, and coffee or tea without cream or milk. Sugar or sweetener may be added.</td>
<td>Feeding must end 4 hours prior to the scheduled procedure time. Do not add cereal or thickeners.</td>
<td>Feeding must end 6 hours prior to the scheduled procedure time. Do not add cereal or thickeners.</td>
<td>Feeding must end 6 hours prior to the scheduled procedure time. Do not add cereal or thickeners.</td>
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</tbody>
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- Unless given specific instructions by your surgeon or pre-procedural provider, please follow the pre-procedural skin preparation instructions on page 4.
- Do not shave or use hair removal products for 24 hours prior to surgery.
- Do not apply lotion, perfume, cologne, spray-on products or makeup.
- Bring a valid photo ID and insurance card, form of payment (check, cash or credit card), and pharmacy card.
- Please leave valuables and jewelry at home. Remove all piercings and rings.
- Please leave contact lenses at home. If you wear glasses, please bring a case.
- Please bring a case marked with your name and date of birth for your hearing aids.
- If you have obstructive sleep apnea and will be admitted after your procedure, Inova will provide a CPAP unit for temporary use. If you are scheduled for an outpatient procedure, you may bring your personal CPAP or BiPAP machine.
- Wear loose-fitting and comfortable clothing.
- Make arrangements for transportation home. For your safety, you will not be allowed to drive or take public transportation alone after sedation or anesthesia. A responsible adult must accompany you home from the hospital. If you take public transportation or a rideshare service, you must have an adult other than the driver accompany you home. We strongly recommend that you have an adult with you for the first 24 hours after surgery.
- Bring a copy of your advance directive, living will or power of attorney, if available. We encourage you to have an advance directive. To learn more about advance directives, visit inova.org/advancedirective.

If the patient is unable to make care-related decisions, please be sure an appropriate adult accompanies the patient and is available to sign consent forms.

Name: _______________________________________
Phone Number: ____________________________
Pre-Procedural Skin Preparation Instructions

To reduce your risk of infection at the surgery site, it is very important to clean your skin at home with a special germ-killing cleanser before surgery. Please follow the instructions below to safely clean your skin with 4% chlorhexidine gluconate (also known as CHG).

Where to Find CHG
You do not need a prescription to buy CHG antimicrobial solution. You can purchase CHG solution at your local pharmacy; ask the pharmacist or tech for assistance. Some brand names for CHG include Hibiclens, Hibistat, Exidine and Hex-A-Cleans.

You will need two to four ounces of the solution for each shower.

How to Use CHG at Home
- Use the CHG solution in the shower. Do not use it in a bathtub.
- Use CHG the evening before your surgery and the morning of your surgery, for a total of two showers at home.
- If you are having spinal or joint replacement surgery, use CHG two evenings before your surgery and on the morning of your surgery, for a total of three showers at home.

How to Clean the Skin with CHG Solution
1. For your first evening shower, first wash yourself with your regular soap and shampoo.
2. Before applying the CHG solution, ensure that you have completely rinsed the regular soap and shampoo from your hair and body.
3. With the shower water turned off, apply the CHG solution to your body with your hands. Please avoid your face, hair and genitals.
4. Clean the surgery site for about three minutes. If you cannot reach the surgery site, please have someone help you with bathing. Please ensure your helper has thoroughly cleaned hands before assisting.
5. Once you have finished applying the CHG to your skin and three minutes have passed, turn the water back on and rinse the CHG solution from your body.
6. Completely dry the skin with a fresh, clean, dry towel.
7. Do not use lotions, powders, perfumes or deodorants.
8. Dress in fresh, clean pajamas or clothing.
9. If you are having spinal or joint replacement surgery, repeat the process outlined above for your second evening shower.
10. For the shower taken on the morning of your surgery, follow the instructions above but do not use regular soap or shampoo – only use the CHG solution.

CHG and Hair Removal
- CHG may irritate recently shaven skin. Do not shave or use hair removal products for 24 hours prior to surgery.
- If you choose to shave before the 24-hour window, please shave prior to applying the CHG solution to avoid skin irritation and hair clippings sticking to your skin.
- If hair removal is necessary for your procedure, it will be done by the surgical team in the operating room.

CHG Cautions
- If redness or skin irritation occurs from using CHG, stop using the solution and contact your surgeon.
- Do not apply CHG to your face, hair or genitals.
- Only use the CHG solution in the shower. Do not use it in a bathtub. If it is not possible for you to shower, contact your surgeon’s office for further instructions.
Patients under 18 years of age must be accompanied by a parent or legal guardian for all required pre-procedural testing and the scheduled procedure. On the day of the procedure, the guardian must be present to sign a consent form and must remain in the hospital throughout the procedure.

Day of Your Procedure

Arrival Time: ________________________________

Procedure Date: ________________________________

Procedure Time: ________________________________

Procedure Location:

☐ Inova Fairfax Hospital Surgery Center
☐ Inova Women’s Hospital Surgery Center
☐ Inova Professional Services Building Surgery Center (third floor)
☐ Inova Woodburn Surgery Center
☐ Inova Schar Cancer Institute

Recovery and Discharge Home

• The average recovery period is typically two to four hours, but it may be longer based on the surgery and potential side effects.

• Before discharge, you and your companion will be provided instructions and prescriptions from your surgeon. We will ensure you are well prepared to continue your recovery at home.

• Inova Pharmacy Plus, the Inova Fairfax Medical Campus retail pharmacy, can fill your prescriptions before you leave. You will be given more information about Inova Pharmacy Plus before discharge.
Preparing for Your Procedure  

Inova Fairfax Medical Campus  

- Before your procedure, Inova’s financial services department will:  
  - Verify your coverage and benefits  
  - Obtain required authorization from your insurer  
  - Help you to understand your expected financial liability  
  - Set up any financial arrangements  
- If we are unable to reach you, please be prepared to pay any applicable copay or coinsurance on the day of your procedure.  
- Cosmetic procedures must be paid for in advance.  

Expect to receive several bills after surgery.  
- Your surgical care providers will first bill your insurance company for the costs associated with the surgery or procedure.  
- You will receive a bill for any remaining balance, such as a deductible cost, copay or coinsurance.  
- You will receive separate bills from providers of the surgical team. They may include:  

**Your hospital bill:**  
- This is a facility bill from the hospital or surgery center at which the procedure or surgery is performed. This bill will reflect expenses for staff, supplies and equipment used for the surgical services provided.  
- Questions and payments regarding the bill should be addressed directly to the hospital/facility named on your bill. Or, you may call Inova’s billing department at 571.423.5750.  
- For questions on estimates, please call 703.776.6019. Our team members able to assist you Monday – Friday, 8:30 a.m. to 4:30 p.m.  

**Your surgeon’s bill:**  
- Questions regarding this bill should be addressed to the surgeon named on your bill.  

**Your anesthesiologist’s bill:**  
- This is a bill for the anesthesia services you receive during a procedure, which are provided by an anesthesiologist with American Anesthesiology Associates.  
- Questions regarding this bill can be addressed by calling 1.866.306.6007.  

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### Important Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>Main Hospital Operator</td>
<td>703.776.4000</td>
</tr>
<tr>
<td>Inova Pre-Procedural Evaluation Clinic</td>
<td>703.776.2000</td>
</tr>
<tr>
<td>Financial Counseling</td>
<td>703.776.6019</td>
</tr>
<tr>
<td>Inova Central Billing Office</td>
<td>571.423.5750</td>
</tr>
<tr>
<td>Anesthesiology Billing</td>
<td>1.866.306.6007</td>
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Inova Fairfax Medical Campus

Parking Information

Inova Fairfax Medical Campus
3300 Gallows Rd., Falls Church, VA
Parking on the Inova Fairfax Medical Campus costs $5 per day. Prepaid discount passes are available for purchase in the hospital gift shops.
Complimentary garage parking for outpatient procedures is available. Please request a complimentary parking pass from your care team.

Inova Schar Cancer Institute
8081 Innovation Park Dr., Fairfax, VA
Complimentary patient and visitor parking is available on Inova Schar Cancer Institute’s campus.

Inova Woodburn Surgery Center
3289 Woodburn Rd., Suite 100
Annandale, VA 22003
Complimentary patient and visitor parking is available.

Inova Pre-Procedural Evaluation Clinic – Fairfax
8260 Willow Oaks Corporate Dr., Suite 650
Fairfax, VA 22031
Complimentary patient and visitor parking is available.

For the most current information regarding valet services at both locations, please visit inova.org/visitfairfax.
Preparing for Your Procedure

Inova Fairfax Medical Campus

Inova Fairfax Medical Campus
3300 Gallows Rd.
Falls Church, VA 22042

Inova Schar Cancer Institute
8081 Innovation Park Dr.
Fairfax, VA 22031