

Preparing for Your Procedure

Inova Fair Oaks Hospital

Welcome

Thank you for choosing Inova Fair Oaks Hospital for your upcoming procedure. We strive to provide the highest quality care in a safe environment. At Inova Fair Oaks Hospital, 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 **703.391.3500, option 3**, 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

Pre-Procedural Evaluation Clinic Preparation

Pre-Procedural Evaluation Clinic Appointment Date:

Pre-Procedural Evaluation Clinic Appointment Time:

Inova Pre-Procedural Evaluation Clinic

Inova Fair Oaks Hospital

3600 Joseph Siewick Dr.

2nd Floor

Fairfax, VA 22033

P: 703.391.4362

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 mychart.inova.org.

Pre-Procedural Evaluation Clinic Appointment Worksheet

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

Name of Medicine

Dose

Scheduled Time

Previous procedures and surgeries requiring anesthesia:

Names of primary care physician and other specialists you see:

Physician's Name

Specialty

Phone Number

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:

| Solids | Clear Liquids or Ice Chips | Breast Milk | Infant Formula | Nonhuman Milk |
|--|---|--|--|--|
| No solids for 8 hours prior to the scheduled procedure time. | 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. | Feeding must end 4 hours prior to the scheduled procedure time. <u>Do not</u> add cereal or thickeners. | Feeding must end 6 hours prior to the scheduled procedure time. <u>Do not</u> add cereal or thickeners. | Feeding must end 8 hours prior to the scheduled procedure time. <u>Do not</u> add cereal or thickeners. |

- 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 advanced directive, living will or power of attorney if available. We encourage you to have an advanced directive. To learn more about advance directives, visit [inova.org/advancedirective](https://www.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 anti-microbial 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-Clens.

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 he or she has thoroughly cleaned his or her 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 off of 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.

For Pediatric Patients:

- Please bring a small toy (e.g., doll, blanket or stuffed animal).
- Please launder all cloth items before bringing them into the hospital.
- If you are not the child's biological parent, please bring guardianship documentation.

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: _____

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 that you are well prepared to continue your recovery at home.
- Pharmacy Plus, the Inova Fair Oaks Hospital retail pharmacy, can fill your prescriptions before you leave. You will be given more information about Pharmacy Plus before discharge.

Understanding Your Procedure Bills and Fees

- 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 Center Billing Office at **571.423.5750**.
- For questions on estimates, please call **703.391.4566**. 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 specified surgeon named on your bill.

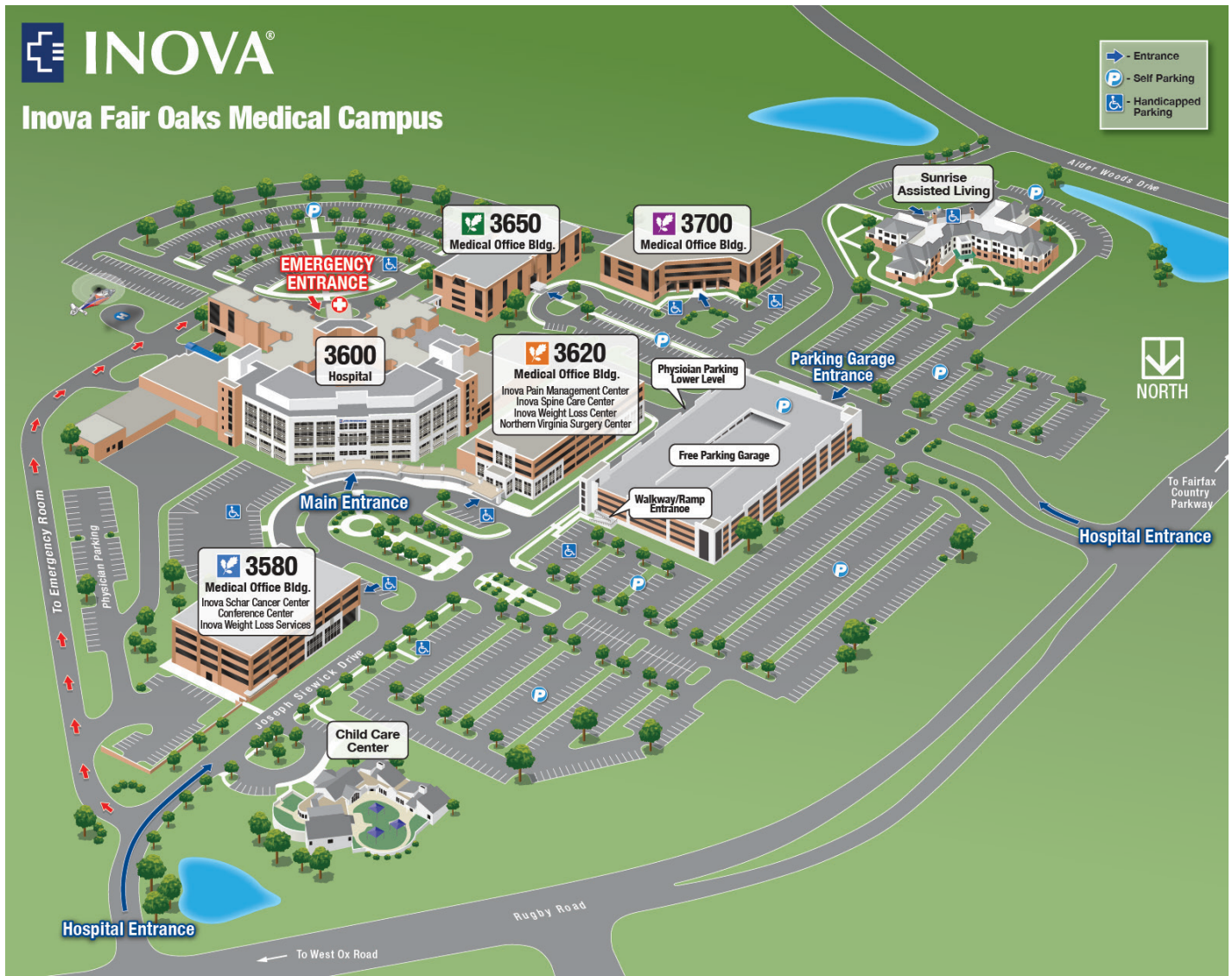
Your anesthesiologist's bill:

- This is a bill for the anesthesia services you received during a procedure, provided by an anesthesiology partner.
- Questions regarding this bill should be addressed to the specified anesthesiology group named on your bill.

Important Phone Numbers

| | |
|--|------------------------|
| Main Hospital Operator | 703.391.3600 |
| Scheduling Department..... | 703.391.3500, option 3 |
| Inova Pre-Procedural Evaluation Clinic | 703.391.4362 |
| Financial Counseling | 703.391.3840 |
| Inova Central Billing Office | 571.423.5750 |

Inova Fair Oaks Medical Campus



Parking Information

Inova Fair Oaks Hospital
3600 Joseph Siewick Dr., Fairfax, VA

Complimentary patient and visitor parking is available on the Inova Fair Oaks Medical Campus.

If you have mobility challenges and cannot find a handicap spot, you may utilize the overflow lot

located in between the main hospital and the 3580 building. Please push the call box button, and a team member will help you to enter the lot.

For the most current information regarding parking and valet services, please visit inova.org/ifoh.

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