

Inova Surgery Center

Telephone:703-922-9501

Fax:703-922-5347

Appointment Date: _____

Appointment Time: _____ am/pm

Prior to Surgery

Interview: Prior to your surgery, a telephone interview will be conducted. Although we will attempt to call you for the interview, you can call us at your convenience on weekdays between 9 a.m. and 4 p.m. Dial 703-922-9501. During the interview, we will review your medical history, any laboratory work and, if applicable, your EKG (electrocardiogram). We also will provide important information you will need to prepare for surgery.

Labs/EKG: You may need lab work and an EKG prior to your surgery. Check with your surgeon to see if these are required. Your surgeon may do the tests, or your surgeon may send you to your primary physician to have this done. It is important that you fax any tests or other information to us prior to the day of surgery. Fax the information to 703-922-5681.

History And Physical Exam: All patients are required to have a history and physical exam prior to surgery. Your surgeon may do this, or your surgeon may send you to your primary physician to have this done. Again, it is important to fax this information to us prior to your surgery. Fax the information to 703-922-5681.

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. Follow the instructions 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. However, the morning of surgery, and at least two hours prior to your surgery, you may drink one cup of black coffee or one cup of a clear liquid. Also, take your regular medicines, as scheduled, with 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 do wear your contact lenses, you may need to remove them so bring a contact lens container with you. Leave any jewelry, money or valuables at home. Bring only your insurance card, photo ID and any applicable co-pays.
- Because you are not allowed to drive for 24 hours, and to help ensure your safety, **an adult must accompany you and drive you home. Transportation by taxi is acceptable as long as a responsible adult accompanies you.**

Day of Surgery

Arrival: Arrive at the Inova Surgery Center approximately one hour before your scheduled surgery. Plenty of free parking is available. The surgery center is located on the second floor of Inova HealthPlex. When you enter the building, proceed to the elevator or the stairs located to the left of the front entrance. Go to the check-in desk and sign in.

Getting Ready: When you are called for your surgery, you will be escorted into the preoperative area. Here you will change into a gown, cap and slippers. Leave your undergarments on, unless they interfere with the surgical procedure. An intravenous (IV) line will be started using a small amount of local anesthesia 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 have.

After Surgery

Recovery: Following surgery, you will be taken to the post anesthesia recovery unit. Here 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. When you are ready to go home, we will take you to your car by wheelchair.

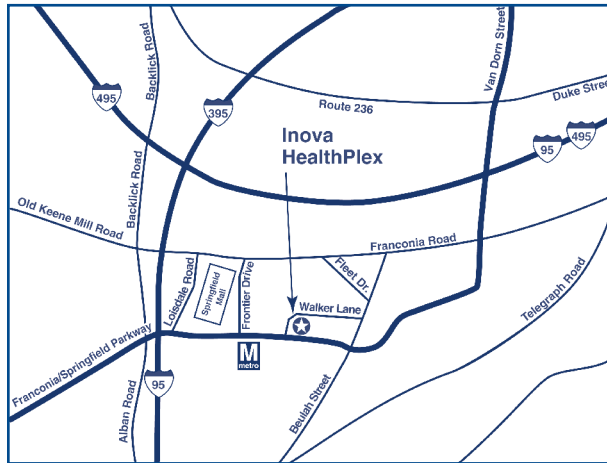
Discharge

Instructions: A nurse will review instructions specific to your surgery and anesthetic. A written copy of the instructions will be given to you. Please ask any questions you have. You also may be asked to complete a satisfaction survey. This is voluntary, and we welcome your feedback.

Going Home: A staff member will accompany you to the door of the Inova HealthPlex building 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. If you have any questions, call us at 703-922-9501.

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, your comments and feedback are welcome.

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 your care; if you feel you did not receive excellent care, please contact the surgery administrator at 703-922-7631. Your feedback and concerns are important to us.



Inova Surgery Center
Located at Inova HealthPlex
6355 Walker Lane, Suite 200
Alexandria, VA 22310

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

inova.org



Inova HealthPlex
6355 Walker Lane, Suite 200
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Inova
Surgery Center

Preparing for Surgery

