

## Before your Surgery

*How to prepare, what to expect.*



## During your Stay

*Created especially for you, the patient*



## After you return Home

*Getting you well and back to your life.*



# Before your Surgery



*How to prepare, what to expect.*



## Pre-Registration

Our Registration Coordinator may call you to obtain information about your insurance coverage and other information necessary to register you for surgery. If you have any concerns or questions regarding your surgery, the Registration Coordinator will assist you in getting answers.



We offer preoperative visits at each center to reduce anxiety prior to surgery. Children can especially benefit from a preoperative visit. The tour provides an opportunity to meet with a registered nurse or anesthesiologist to discuss any concerns you may have regarding your procedure. To schedule a visit prior to your surgery call the Indiana Surgery Center location where your surgery is scheduled.



Depending on your insurance provider, our Patient Accounts Coordinator may also call you to arrange for payment of any deductible, co-insurance or co-payment.

## Diet instructions before your surgery

Stop taking herbal medications and diet drugs one week prior to surgery.

Typically, you should not eat or drink anything after midnight the evening before your surgery.

Your physician may give you other more detailed instructions. Please follow these instructions closely.

If you have any questions about dietary instructions, please call the Center at which your surgery is scheduled.

If your dietary instructions are not followed, you risk the cancellation of your surgery.

# During your Stay

*Created especially for you, the patient*



## What to bring to the Indiana Surgery Center

If the patient is a minor and you are the non-parental guardian, you must present legal documentation of guardianship. Surgery will be cancelled if the surgical consent is not signed by a legal guardian.



If you have power of attorney for the patient, you must present legal documentation.

Bring any written orders or instructions from your surgeon.

Bring an accurate descriptive list of any medications you have been on or are currently taking, including prescriptions, herbal medications and diet drugs.



If you wear contacts, please remove them. Please wear your glasses and bring a case to put them in.

Bring a friend or relative to drive you home.

Children are encouraged to bring a special toy or blanket.

If you are scheduled to stay overnight in the recovery center please bring any personal items or toiletries you wish to have.

Bring all insurance, Medicare and Medicaid cards, and any payments due at the time of surgery.

## Also, please remember ...

Stop taking herbal medications and diet drugs one week prior to surgery.

Leave all jewelry and valuables at home.

Do not apply any make-up, cologne or perfume the day of your surgery.

Wear comfortable, loose-fitting clothing.

## **The day of your surgery**

When you arrive, please check in at the reception desk. Our Patient Communications Coordinator will briefly verify your registration information, insurance coverage and payment arrangements, and ask for your signature on the necessary forms. You will be given a pager so that we may easily and privately locate you when your nurse is ready to take you to your room. Your family will then be given the pager so that we may easily and quickly locate them. Your surgeon will update your family on your progress immediately after surgery is finished.

Next, your nurse will escort you to your private room where preparation for your procedure will occur. Until it is time for your surgery, a family member or friend is welcome to stay with you. A parent or guardian must stay with a child under the age of 18.

Once in your room you will be asked to change into a gown and robe. A brief health history will be taken, as well as your vital signs (blood pressure, pulse, temperature, and breathing rate). If preoperative testing is necessary, it will be completed at this time. Any preoperative medication ordered by your physician will be given as well. Your nurse will review your discharge instructions with you and your family. You will also be visited by your anesthesiologist and surgeon and will have the opportunity to ask any remaining questions you may have.

When it is time for your procedure, your family will be asked to return to the lobby. At this time your surgical nurse will briefly interview you and escort you to the surgery suite. If able, you will walk with your nurse; otherwise you may be transported by either wheelchair or cart. Once in the surgical suite you will receive your anesthetic and your procedure will begin. The amount of time you spend in surgery is dependant upon your particular procedure.

Your family and friends are a very important part of your care. For this reason, we ask them to remain within or near the lobby. If for any reason they need to leave the building, they should notify personnel at the front reception desk. The lobby area provides telephone, TV, magazines, children's area and coffee/tea/hot chocolate. Public restrooms are located in the building lobby.

After surgery, depending on the type of your anesthetic, you may be transported to the Post Anesthesia Care Unit to allow the nurses to observe you closely while the effects of your anesthetic diminish. You will spend approximately 30 to 60

minutes in the Post Anesthesia Care Unit.

You will be returned to your private room once your condition has stabilized. If you have had general anesthesia, you may still feel "sleepy," but your friend or family member is welcome to rejoin you. Parents may return to their child. Once you are feeling more alert, your nurse will again review discharge instructions with you and your family member or friend.

For your convenience, you can fill prescriptions for take-home medications at the Community Professional Pharmacy before you leave the Indiana Surgery Center so that you will not need to make a stop on the way home. Prescriptions can later be transferred to your neighborhood pharmacy, if desired.

When your surgeon or anesthesiologist has determined you are ready to go home, you will be escorted to the discharge lounge. Your family member or friend can pull their vehicle right up to the Indiana Surgery Center's covered exit for your departure. It is important that you stay as long as necessary at the Indiana Surgery Center; however, we recognize that you will want to return home as soon as possible to continue your recovery in the comfort of your own home.

# After you return Home



*Getting you well and back to your life.*



## After your surgery

After surgery you will be monitored by a registered nurse during your recovery phase.

If your condition requires an extended or overnight recovery stay, we have restful rooms and well-trained staff. One family member may stay with you. Parents are required to stay with patients 16 or younger.



When your condition allows, the nurse will notify your family or friends of your condition and invite them to join you.

Prior to discharge from the Center, the nurse will review home-care instructions with you and your family member or friend.



## At Home

Once you return home, it is very important that you follow the directions indicated on the Indiana Surgery Center's "After-Surgery Instructions" sheet, as well as any additional instructions provided by your surgeon. Should you have any questions regarding these instructions, please contact your surgeon directly.

If you had a general or IV sedation anesthetic, you should not drive a car, operate machinery or make important decisions for 24 hours following surgery. You need to arrange for someone to stay with you for 24 hours after you return home.

Parents or guardians of children should watch the child continuously, and contact the child's surgeon immediately if any unusual problems or symptoms develop.

Be sure to schedule a postoperative appointment with your surgeon.

If you have given us permission, we will attempt to contact you by phone within 24 to 72 hours after your surgery to see how you are feeling and to address any of your questions or concerns. We want to make sure that your recovery progresses

well and that you were totally satisfied with our services. If we are unable to reach you by phone, please do not hesitate to call us if you have comments or suggestions about your care at the Indiana Surgery Center.

You may receive our Patient Satisfaction Survey before you leave the Indiana Surgery Center. We sincerely value your input and appreciate any feed back that will allow us to improve our services.