

Important Surgical Instructions

VERY IMPORTANT INSTRUCTIONS THAT NEED TO BE DONE BEFORE SURGERY!

Please go to the appropriate facility web site or call to complete the pre-operative medical information.

Loudoun Hospital- A representative from Hospital will call to schedule pre-op appointment or call pre-op screening unit to schedule pre-op appointment.

Loudoun Surgery Center- www.loudounsc.com

Reston surgery Center-www.restonsurgerycenter.com

Reston Hospital- Please call pre-op screening unit to schedule pre-op appointment.

Post-op Prescriptions will be sent to pharmacy on file in patients chart unless another pharmacy is given. You may pick the prescriptions up after 5pm the night before surgery.

Next please go to Drsilvaent.com website.

Click on the tab on the right hand side that says Learning Center.

First you will then see PDF files click on the facility that you will be having surgery at. This will give you directions to the facility and instructions.

Second click on the PDF files for your procedure(s) that will be performed for post-op instruction sheets.

Third your post-op prescriptions will be e-prescribed to the pharmacy that you provided us with. If you require pain medication due to Virginia Federal Laws narcotics are no longer allowed to be faxed or called in, you **MUST pick up the prescription and take it to the pharmacy.**

If you do not here from facility by 3:30 pm the day before surgery please call the office.

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Preparing for Your Procedure

Inova Loudoun Hospital

Welcome

Thank you for choosing Inova Loudoun Hospital for your upcoming procedure. We take pride in providing the highest quality care in a safe environment. At Inova Loudoun Hospital, you will always be treated with compassion and concern for your well being.

This guide will provide 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.

Sincerely,

**The Inova Loudoun Hospital
Surgical Services Team**

Arrival Time: _____

Procedure Date: _____

Procedure Time: _____

Important Phone Numbers

Main Hospital Operator	703.858.6000
Presurgical Services Nurse.....	703.858.6768
Presurgical Services Fax	703.858.6425
Operating Room Reception Desk	703.858.6490
Financial Counseling	703.858.8091
Central Billing Office	571.423.5750
Medical Records Office.....	703.858.6625

Important Preoperative Instructions

The following instructions are designed to provide you with a safe and comfortable surgical and anesthesia experience. Please follow all instructions carefully.

- DO NOT EAT OR DRINK ANYTHING, EVEN WATER, AFTER MIDNIGHT**** on the night before your procedure unless your anesthesiologist or physician instructs you differently. No gum, candy, or ice chips.
- You may brush your teeth and gargle on the morning of surgery but do not swallow any water.
- Please shower or bathe the night before or the morning of surgery **WITH AN ANTIBACTERIAL SOAP.**
- Notify your doctor if you develop any sign of illness before the date of your surgery. Report symptoms such as: high fever, sore throat, or other infection, breathing difficulties or chest pain.
- Please arrange for someone to drive you home.** For your safety you will not be allowed to drive home after sedation or anesthesia. **A responsible adult must be present to accompany you home when you are ready to leave.**
- We strongly recommend that all patients have an adult at home with them for the first 24 hours after surgery.
- Valuables and jewelry should be left at home. If you wear contacts please leave them at home. If you wear glasses, please bring a case for their safekeeping.

- Wear casual, loose fitting and comfortable clothing. A gown will be provided.
- Please remove make up before you arrive.
- For Pediatric Patients please bring a toy.

Other Instructions:

Special Medication Instructions from Anesthesiologist:

STOP the following pills 7 days prior to your procedure:

***Use arrival time to determine when NPO (nothing by mouth) times start for all patients (adult and pediatric).*

Special Instructions from Anesthesiologist for Pediatric Patients Only

Age Group	Solids	Non-Human Milk/Infant Formula	Breast Milk	Clear Liquid***
Under age 10	Nothing after midnight or 8 hours minimum prior to arrival time.	May have up to 6 hours minimum prior to arrival time.	May have up to 4 hours minimum prior to arrival time.	May have 4 oz. or less up to 2 hours minimum prior to arrival time.
Age 10 years and up	Nothing after midnight or 8 hours minimum prior to arrival time.			

**** Ex. Water, fruit juices without pulp, carbonated beverages, Gatorade, clear tea, and black coffee*

Other Notes:



Day Before Your Procedure

You will:

- Receive a Confirmation Call:** On the business day before your surgery, a hospital staff member will call you to confirm your surgery, arrival time, and location.
- Prepare what to bring with you. Please pack lightly.

The following is a checklist to help you prepare:

- The legal ID you used when scheduling surgery with your doctor, and your health insurance card
- Telephone numbers of people you wish to call
- Eyeglasses (do not wear contact lenses) and case
- Dentures - we will provide a container
- Comfortable, loose fitting clothing that will be easy to put back on after surgery
- Hearing aides (you will be asked to remove them before surgery)
- Follow eating and drinking restrictions as instructed by surgeon and/or pre surgical services nurse. Failure to do so may result in cancellation of your procedure.

To Reduce Bacteria On Your Skin:

1. Bathe or shower the morning of the procedure with an anti-bacterial soap before arriving.
2. Do not apply lotion, perfume, cologne, or air-care products.
3. Do not shave your surgical site at home.
4. Do not wear makeup, jewelry (including body piercing), watches, earrings or rings.

Special Instructions for Children:

- Bring a favorite small toy
- Follow your doctor's dietary restrictions especially the morning of procedure

Patients under 18 must be accompanied by a parent or legal guardian for any required pre-admission testing. On the day of surgery, a parent or legal guardian must be present to sign an Informed Consent prior to surgery and must remain in the hospital throughout the procedure/surgical process.

Understanding Your Procedure/Surgery Bills and Fees

You may:

- Expect after a procedure/surgery, all surgical care providers will first bill your insurance company for the costs associated with the procedure/surgery.
- Receive a bill for any remaining balance. (for example: a remaining balance may be a deductible cost, co-pay, co-insurance etc.), after notice from your insurance company.
- Receive separate bills from providers of the Surgical Team namely:

Hospital Bill

- 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 this bill should be addressed directly to the hospital/facility named in your bill or you may call the Central Billing Office at **571.423.5750**.
- For questions on estimates, please call **703.858.8894** or **703.858.8899**. Both offices have staff able to assist you Monday-Friday, 8:30 a.m. – 4:30 p.m.

Surgeon's Bill

- A bill for the surgeon's services.
- Questions regarding this bill should be addressed to the specified surgeon named on your bill.

Anesthesiologist's Bill

- A bill for the anesthesia services you receive during a procedure/surgery and is provided by an anesthesiologist with American Anesthesiology Associates.
- Questions regarding this bill should be addressed to the specified anesthesiologist named on your bill by calling **1.888.280.9533**.

Other Bills

- An explanation of benefits (EOB) from your insurance regarding services provided by a Certified Surgical Assistant with Fair Oaks Surgical Associates (FOSA). **You are not required** to pay any remaining balance that is not covered or paid for by your insurance on this service. Questions regarding services provided by FOSA, please call **703.391.3620**, Monday - Friday, 8:00 a.m. - 4:30 p.m. or email **FOSALLC@gmail.com**
- A bill for additional Pre Surgical Testing required i.e. mandatory lab work, ECG etc.

Day Of Your Procedure*

You will:

- Arrive at the facility 1 ½ hours prior to your scheduled procedure unless instructed otherwise by hospital staff. Ample free parking is available.¹

Upon Arrival in Facility

- Enter through the main hospital entrance and proceed to Registration which will be to your right.

You will need to have your:

- a. Valid Photo I.D.
- b. Insurance Card

Upon Completing Registration

- Proceed to the Surgical Services waiting area
 - a. Registration will notify our Pre-Operative Team that you are on your way to the waiting area and your Preop room will be prepared.
 - b. Once your room is ready, a team member will come out to escort you to your room. A member of your family/companion may accompany you if you wish.
 - c. Your family/companion will be asked for their contact number and directed to your assigned room while your weight is obtained.
 - d. When you reach your room, you will be asked to change into a hospital gown.
 - e. You will meet the following members of our Surgical Team who will verify your name, procedure and review with you your medical information, and obtain your Surgical Consent.
 1. Pre-Operative Nurse and Clinical Tech
 2. Anesthesiologist and Certified Registered Nurse Anesthetist (CRNA)
 3. Surgeon
 4. Operating Room Nurse

You are encouraged to ask any questions or identify any concerns you may have at this time.

When the Procedure is Ready to Begin

- You will be wheeled on a stretcher to the Operating Room by the Operating Room Nurse and Anesthesiologist or Certified Registered Nurse Anesthetist (CRNA).

At this point your companion or family will be directed to proceed to the Surgical Services Waiting Area². An overhead flat screen monitor is provided for families and companions to track your procedure progress by viewing the status board in the waiting area.

When the Procedure is Completed

- You will be taken to Phase I Recovery.
- If you are admitted to the hospital after surgery, the recovery room nurse will call your family/companions when you are ready for transfer to the inpatient nursing unit. Family/companions may then proceed to your room and will see you once you are on the nursing unit.
- If you are going home after your procedure, you will be moved to the Phase II recovery area when awake from surgery.

Phase II of Recovery and Discharge

- The family member or companion you listed as contact will be called to come back to your Phase II recovery room when you are settled, comfortable and ready.
- While in Phase II, you and your family/companion will be provided discharge instructions and any prescriptions the surgeon has written.
- You will be ready to go home when certain discharge criteria are met
 - No nausea or vomiting
 - Stable vital signs
 - Tolerating oral liquids
 - Pain under control

¹ Complimentary valet parking is available. Please refer to the campus map for parking locations.

² Complimentary coffee and water is available for waiting family and friends at the waiting area.

