

Surgery Information

Your surgery date: _____

Your instructions for the morning
of your surgery:

Your Arrival Time:

Important Notes

- If you develop a cold, fever or change in your condition during the week before your surgery, please notify your surgeon.
- Anyone accompanying you should be free from infection.

To pre-register for your surgery,
please visit

<https://www.adventisthealthcare.com/health/portals/>

Need help? Call 240-826-6238

Your Surgery A Reference Guide



Welcome!

Thank you for choosing Adventist Health-Care Shady Grove Medical Center for your surgery. Our goal is to provide excellent care and make your stay as comfortable as possible. This information will help you understand what to expect.

Pre-Registration

Registering with Patient Access/Admitting prior to the day of surgery takes only a few minutes and saves time when you arrive for your surgery. Please pre-register online at least three days before your surgery date at

<https://www.adventisthealthcare.com/health/portals/>

Once you register, we may contact you if we need additional information. If you are unable to pre-register online, please call 240-826-6238.

Insurance & Pre-Certification

Paying for medical care can be confusing. You will be responsible for your deductible, co-insurance, copayment and/or any charges not covered by an insurance company. It is customary to pay for medical services at the time they are provided.

If you have questions about any payment due, please contact our Financial Counselor at 240-826-6162 for assistance.

Keep in mind you will be billed separately by your physician and any specialists, such as an anesthesiologist or radiologist.

Once Surgery is Scheduled

A nurse from the Pre-Operative Planning Office will contact you within three business days of your surgery to:

- Review your health history
- Review required pre-operative tests
- Provide pre-surgery instructions
- Answer questions you may have

If you are not contacted, please call 240-826-6572 during our office hours, 7 a.m. to 5 p.m.

Arrange Your History & Physical

National standards require a History and Physical (H&P) within 30 days of surgery. There are no exceptions.

- Your primary care physician can perform your H&P, or you can schedule one at the Shady Grove Medical Center Pre-Admission Testing (PAT) Center.
- The PAT Center is open weekdays from 7:15 a.m. to 4 p.m. To schedule an appointment, please call 240-826-7016.

Partner with Our Care Team

We encourage you to be proactive in your care. Do your part to help the surgical team.

- Refrain from smoking prior to surgery.
- Drink extra fluids 24 hours before surgery, but avoid alcohol.
- Verify with your doctor any special instructions for diabetic or blood-thinning medications.
- Avoid shaving near or at your surgical site seven days prior to your surgery.
- If you are an outpatient, you **must** designate a responsible adult to drive you home and provide assistance for 24 hours.

On the Day of Surgery

Please arrive at your scheduled time through the main hospital entrance. Be sure to follow the instructions you've received regarding:

- Eating and drinking
- Taking medications
- Showering or bathing

Also, please follow these guidelines:

- Wear comfortable, casual clothing that is easy to change.
- Remove all jewelry and body piercing.
- Leave valuables at home.
- Remove makeup.
- Do not smoke.

A parent or guardian must accompany minors under the age of 18.

Remember to Bring Your:

- Insurance card
- Valid picture identification
- Advanced directive or living will
- Forms or x-rays, if your doctor gave them to you for the day of surgery
- Case for your glasses or contacts
- Existing implants card(s)
- CPAP machine or inhalers, if you use them

Anesthesia

An anesthesiologist and anesthesia care team, which may include a nurse anesthetist, will manage your anesthesia. The anesthesiologist will meet with you before surgery to review your history and explain your anesthesia options.

If you have concerns not covered in your nursing pre-assessment screening interview, you can arrange an appointment with an anesthesiologist by calling 240-826-6572.

Pediatric Patients

We know children have unique needs. Here are some things you can do to make your child comfortable while he or she is in the hospital:

- Bring your child's favorite blanket or toy, bottle/cup, formula/special foods, diapers and slippers.
- To help preserve a healing environment, please do not bring siblings or other children into the Pediatric Unit.
- If your child is 12 or under, explain that you will be able to accompany him or her to the Operating Room and will be there while anesthesia is given.

Please note:

- Breastfeeding and formula-fed children have specific/special instructions. If you have not received them, please call 240-826-6544.
- A parent or guardian must remain at the hospital while the child is in surgery.
- If you are not the child's natural or legal parent, please provide proof of legal guardianship or call 240-826-6544 to discuss your situation.

Visitors

Your family is welcome to wait in our surgery waiting area. To support a calm, quiet and private environment for our patients, we allow only two visitors or family members in the pre- and post-operative clinical areas.

Please do not bring children under age 12 to wait in the hospital.

Tobacco use is prohibited on our campus, both inside and outside.

After Your Surgery

Once your surgery is completed, we will take you to the Post Anesthesia Care Unit (PACU/ Recovery Room). While you are here, nurses who are specially trained to care for patients after surgery will observe you. You will stay on this unit until your doctor decides to admit you to the hospital or discharge you.

Your surgeon will speak with your designated contact person after surgery and answer questions he or she may have.

Your family may join you once you are awake and transferred to either the PHASE II discharge area or an inpatient room.

We will give you and your caregiver verbal and written instructions about medications, diet and home care prior to your discharge.

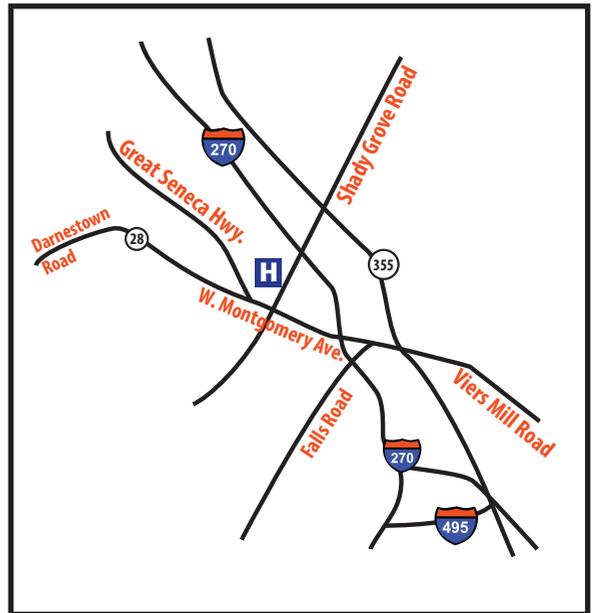
Once You're Home

We are dedicated to preventing infections of your surgical wound. Please be aware of any changes to your surgical site. According to national data, an average of 2 surgical patients out of 100 will develop an infection. We will be vigilant in helping you assess any problems.

Be sure to clean your hands with soap and water before and after you touch your dressing or surgical site. Alert your surgeon if you have:

- Redness and pain around the area where you had surgery
- Draining of cloudy fluid from your surgical wound
- Fever

Feel free to contact your surgeon with any questions after you are discharged.



Directions

From Washington, D.C., and points south of Rockville, Md.:

From I-495, take I-270 North toward Rockville. Take Exit #8/Shady Grove Road. The exit comes to a stoplight, at which you will turn left onto Shady Grove Road. Cross over the bridge and turn right at the fifth stop light onto Medical Center Drive. (You can see the hospital at this point). At the stop sign, turn left. Make a right at the hospital entrance.

From Frederick, Md., and other areas north of Gaithersburg, Md.:

From I-270 South, take Exit #8/Shady Grove Road. Stay to the right to merge onto Shady Grove Road. At the fourth traffic light, turn right onto Medical Center Drive. At the stop sign, turn left. Make a right at the hospital's main entrance.