



## **About your Surgery**

Welcome to the **Surgery Center at Printers Park**. We take great pride in providing the highest quality of care to all our patients. This guide will provide important information on how to prepare for your surgery, what to expect once you arrive and how to plan for your care after surgery. Your physician will talk with you about the type of procedure you are having, and how long you are expected to stay.

There are many types of surgeries and procedures. There are surgeries that may require you to stay in our **23 hour care center**. This will be determined by your doctor before your surgery. **Outpatient surgery** also called ambulatory surgery means that you will go home the same day. The patient instructions given in this guide are the same for both.

Please take a moment and read through this information. If you have any questions about your upcoming surgery, do not hesitate to ask your physician. Our goal is to make your experience with us as pleasant and safe as possible. Therefore, we ask that you take the time to read these instructions and complete the necessary paperwork and testing before arriving to our facility. This will help to minimize delays on the day of your procedure. Our team is dedicated to ensuring your experience is a positive one.

## **Directions to our Center**

Please see the enclosed map. We are located at 175 S. Union Blvd. Suite 100 From the South end of Colorado Springs and Pueblo take I-25 North bound. Take the North Circle exit bearing right. Follow to Pikes Peak Ave. turning left (west) to Union Blvd. Turn left and continue to the first light. Turn left and then left again into the 1<sup>st</sup> entrance which will be the west parking lot. Before 1000 am there should be plenty of parking. Our entrance to the Surgery Center is past the overhang. Look for the sign. Should there be a shortage of parking on the west side, we also provide additional parking located on the east side of the building.

## **Patient Policies**

You will be given a copy of the Patients' Bill of Rights when you arrive at the Center, which explains your rights as a patient according to the Colorado State law.

## **Patient Safety**

Patients play a vital role in making their health care safe. We urge you to join with us in keeping you safe by following all instructions given in this guide and

those provided by your physician. Because hand washing is a major component of infection control and patient safety, you will note our staff using the waterless hand wash located around the departments.

## **No Smoking Policy/ Fire Safety**

The Surgery Center at Printers Park is a smoke-free environment in compliance with Colorado law. Smoking is prohibited by patients and visitors in all areas within the Surgery Center. As part of the Surgery Centers comprehensive safety program, fire alarms are tested routinely and fire drills held regularly. Should you be in our facility during one of these drills, we will direct you and your family on the proper procedure to follow. We thank you in advance for participating with us.

## **Procedures for Children**

Surgery Centers can be frightening places for children. In order to make your experience here as smooth as possible, we ask that you follow these suggestions.

- Follow your doctor's orders about not giving your child anything to eat or drink before surgery. We realize this is very difficult with small children, but it is **essential** in order to give them anesthesia and perform the needed procedure safely. If your child does have fluids or food after the recommended time, the surgery will have to be rescheduled.
- Please feel free to bring one of your child's favorite toys to the Center. This will help your child feel more secure if he or she has something familiar.
- Please bring your child's formula and/or sippy cups for them after their surgery.
- Only the parents should accompany the child. Bringing other relatives to the Center may upset the child and makes it difficult for our staff to do their jobs.
- If your child is staying overnight, one person must stay with them once their recovery is complete. You will be required to be with your child at all times. Our over night suites are complete with cable TV and a recliner for you to relax in and video movies for your child.
- If you are escorting a child and driving, we ask that you have another adult present that is able to provide the help and attention that are necessary to bring a child home after surgery.

## **Before your Surgery**

**Please speak up** if you have any questions or concerns about your health care. We want to meet your needs and answer your questions.

## **Consent for Medical Procedures**

Your surgeon will discuss the details of your operation with you prior to your surgery. Please feel free to **ask any questions** regarding your procedure. Be sure to follow your surgeon's advice before and after your surgery especially in regard to foods, liquids and medications.

Before arriving to our facility, the medical procedure can be initiated. You or an authorized member will be asked to sign a **consent form**. You are entitled to a full explanation, diagnosis, treatment plan and prognosis, as well as the risks, benefits and alternatives associated with your care. When you fully understand your procedure and want to continue, please sign the consent form and **bring the original with you to the Surgery Center. Please use this packet as a way to organize your papers and bring the packet with you.**

### **Pre-admission Forms**

Enclosed in this packet is a pre-admission form. It is **important** that you fill this form out and **bring it with you** on your scheduled day of surgery.

### **Pre-surgical Testing**

A complete set of instructions about your presurgical testing requirements will be given to you by your doctor. The Surgery Center at Printers Park requires your medical history and the results of a physical examination completed within 30 days prior to the date of your surgery. In some cases, you may need an EKG (also done within thirty (30) days) and or a chest x-ray. Your surgeon will arrange for your physical examination and any necessary diagnostic testing. If your doctor requests same-day surgery testing, this will be completed after your admission and prior to your surgery. Lab work needs to be completed at least one business day prior to the date of your surgery.

### **Insurance Carrier**

Please call your insurance company 7-10 days prior to the date of your surgery to advise them of your scheduled surgery and to confirm coverage. You should check for any co-pays and/or deductibles which will be due **at the time of your admission**. The Surgery Center at Printers Park is a for-profit organization, with no financial connection to Memorial Hospital. Payment plans for those who are unable to pay their entire bill at the time of surgery are available. A self pay patient program is available. Please contact the Surgery Center for details.

### **Interpreter Services**

Interpreters, both foreign and sign language are available upon request. If you do not have a family member who can interpret for you please call 667-5797 at least 48 hours before the day of surgery.

### **Preparing for your Surgery**

The Surgery Center at Printers Park will call you prior to the scheduled date to review your medical history and preoperative instructions. If you have any

questions or concerns, please call our Ambulatory Surgery Center at 719-667-5800 Monday thru Friday, 7 am to 5 pm and ask for the pre-surgical counselor.

Following your physician's instructions carefully will insure that your surgery is on time without the need to reschedule. It is extremely important for you to understand and follow these directions. **They are for your safety.** If these instructions are not followed, it could result in the cancellation of your procedure.

- Do not eat or drink after 12 midnight preceding surgery, unless otherwise directed by your physician. Do not suck on hard candy or lozenges, or chew gum.
- Tell us if you have allergies.
- If you take any medications, consult with your doctor regarding whether you should take them on the day of surgery and at what time.
- If you take anti-depressants, anti-inflammatory medications (such as aspirin, Aleve, ibuprofen or Motrin) or anti-coagulants, ask your doctor if you should stop them for a period prior to surgery. Please see the page on Tylenol vs. Ibuprofen.
- If you develop a cough, cold or fever, please call your surgeon and he will determine whether your procedure should be rescheduled.
- Remove nail polish from all fingers
- Please do not smoke or drink alcohol 12 hours prior and following your surgical procedure.
- If you take blood pressure medication in the morning, please take your medication with a sip of water unless directed otherwise by your doctor.
- If you are on insulin or diabetic medication please talk with our pre-surgical counselor. (667-5797).
- Shower the day of surgery and do not use any lotions or creams.

### **Questions to ask your Doctor**

1. What can I eat following my surgery?
2. How do I care for my incision (if any)?
3. What medications can I take before and after?
4. How soon can I take a shower or a bath?
5. What should I do about pain?
6. How much activity or exercise can I do? What about lifting and bending?
7. When can I return to work?
8. Can I drive a car?
9. What time do I need to arrive at the Center? (We recommend 90 minutes before your surgery, or 60 minutes ahead if you are having an injection or colonoscopy/ endoscopy.)

### **Escort**

If you are coming in for ambulatory surgery (i.e. you are going home the same day as your surgery) you **must** have an escort to bring you home. If you are having a colonoscopy or a pain block procedure **your escort needs to remain**

**at the Center.** Please have your escort bring a good book or magazine to occupy their time while they wait for you.

## **A Call to Confirm**

Our pre-surgical counselor will call you by 8 pm the night before your surgery. Please have your questions ready. We will need to know if you need any special equipment to go home with especially crutches.

## **What to Bring**

**This packet** is a great place to store all your needed papers. **Please bring it with you.** Any insurance information and cards with your driver's license will be needed.

Medications – bring a list of all your medications, when you take them and their dosages as well as a list of any allergies you have to medications and food.

Clothing- If you are going home the same day, please wear loose, comfortable clothing. If you are having upper extremity surgery please bring a shirt that buttons or zips in the front. Shoes should be flat and preferably without laces. If you will be staying overnight please bring slippers, a bathrobe, and comfortable clothing for going home.

Valuables and Personal Belongings- Leave all valuables and jewelry including wedding rings at home since the Surgery Center cannot assume liability for personal property.

Dentures, contact lenses, glasses and hearing aids may have to be removed prior to surgery. Since these personal items can easily be misplaced, please bring appropriate cases or containers to put them in so they will not be mistaken for trash.

## **Checking In**

**Please arrive on time.** All surgery patients should go first go to the Admitting Desk located on the first floor. Enter through the 3<sup>rd</sup> door on the Northwest side of the building. We have a Surgery Center sign in the front. Once you have registered, a nurse will assist you to our pre-op holding area (POHA). This is where you will be prepared for surgery. You may have an IV started. You will be seen by an anesthesiologist, if one is needed. The surgical site will be marked by the surgeon with you before entering the surgical suite. We ask that your family member, friend, or escort wait in the lobby area. We will call them if needed. We strongly recommend that you do not bring children as we do not have personnel to adequately supervise them.

There is a coffee shop located on the first floor which provides light snacks and drinks.

## **Discharge Planning**

As a part of your total care, the team of physicians and nurses work together to evaluate the kind of post-op care you may need after discharge. Your plan may include rehab services. If you do not have a preference to a particular agency a member of our team will provide you with a referral to a rehab agency.

## **Going Home**

Your home is the best place for you to recover; therefore our team of nurses has been trained to be as efficient as possible to get you to your own home. After your surgery, you will be taken to the recovery room where you will be closely monitored until the anesthesia wears off and you wake up. Your blood pressure, pulse, breathing and temperature, as well as your incision site will be monitored. Once you are sufficiently awake you will be discharged home. Depending on the surgery, this usually takes 45-120 minutes. Our GI and pain patients are discharged in 30-60 minutes. You will be given written discharge instructions upon leaving the Center. Please follow these instructions regarding medication, rest, activities and any other after-care advice to help you recover faster and reduce the risk of complications.

**We cannot allow you to go home unescorted.** For your safety, a spouse, friend or relative must accompany you when you leave. If you have had a general anesthesia, we recommend that you plan for someone to stay with you in your home the first night.

## **Cancellation Policy**

If you find yourself needing to cancel your surgery, please call your surgeon as soon as possible. If it is the morning of your surgery we ask that you also call our front receptionist at 719-667-5800.

**Thank you for allowing us to serve you. Should you have any further questions please call our front office at 719-667-5800.**