

SCHEDULING YOUR SURGERY

Patient Name: _____ Date of Birth: _____ Surgeon: _____

PLEASE INDICATE YOUR TOP THREE PREFERENCES FOR SURGICAL FACILITY

- _____ Fairfax
- _____ Fair Oaks
- _____ Northern Virginia Surgery Center
- _____ Loudoun
- _____ Alexandria
- _____ MountVernon

PLEASE LIST THE DATES YOU ARE AVAILABLE FOR SURGERY. IT IS IMPORTANT YOU HOLD THESE DATES OPEN UNTIL YOUR SURGERY IS CONFIRMED.

- 1. _____ 3. _____
- 2. _____ 4. _____

Please provide the best telephone number to contact you regarding your surgery.

Telephone Number: _____ Check this box if we can leave a message

Please list individuals below we may speak with about your surgery.

Names:

- 1. _____
- 2. _____
- 3. _____

Patient Signature

Date

=====

A telephone interview with the hospital nurse is required. Please indicate your time preferences (circle all that apply) and a contact telephone number _____

Monday	Tuesday	Wednesday	Thursday	Friday
8-11am	8-11am	8-11am	8-11am	8-11am
1-5pm	1-5pm	1-5pm	1-5pm	1-5pm

SCHEDULING YOUR SURGERY

Surgery Scheduling

Our surgical schedulers will work with you, your physician and hospital scheduling department to facilitate this process. They must wait for a confirmation from the facility before confirming your surgery. Please allow 3-5 business days for them to contact you.

They are assigned to work with specific surgeons. They may be contacted at (703) 359-8640:

Gina ext # 1003

**Drs. Ahmed, Walter,
Hafner, Vargas**

Amber ext # 1017

**Drs. Moynihan, Sanders,
Shaver, O'Donnell**

Tammy ext # 1006

**Drs. Edmiston, Brenner,
Habib, Cleland**

Hospital Pre-Surgical Nurse Interview

Once the Scheduler has notified you of your surgery date, time and facility, please call **(703) 776-7037** to make an appointment to review your medical history, medications, and other necessary information.

Please note: If you are having surgery at Inova Loudoun Hospital or the Northern Virginia Surgery Center no appointment is necessary, you will be contacted directly by their staff.

Pre-Surgical Testing (If Required)

If your surgeon has ordered any pre-surgical testing (labs, x-rays, EKGs, etc.), please contact your insurance company to advise you where you should have these test(s) performed.

If approved by your insurance company, you may have your testing at one of the following facilities without an appointment:

Inova Fairfax (703) 970-6565
Pre-Surgical Testing Center
8503 Arlington Blvd. Suite 200
Fairfax, VA 22030

Inova Fair Oaks Hospital (703) 391-3500

Inova Loudoun Hospital (703) 858-6768

Inova Alexandria Hospital (703) 504-5005

Inova Mount Vernon Hospital (703) 776-7037

Financial Obligation

If you change your insurance coverage from the time of your initial office visit and your surgery date please call your surgery scheduler as noted at the top of this page.

PREPARING FOR YOUR SURGERY

If you have specific questions regarding labs, medications, pre-operative clearance or other surgical preparation not addressed below please contact your surgeon's nurse at (703) 359-8640:

Cindy ext # 1009
**Drs. Ahmed, Walter,
Hafner, Vargas**

Carol ext # 1007
**Drs. Moynihan, Sanders,
Shaver, O'Donnell**

Jayne/Dynese ext # 1010
**Drs. Edmiston, Brenner,
Habib, Cleland**

Medication Alerts

Anticoagulants

If you are on any form of anti-coagulant (Coumadin/Warfarin) or (Plavix/Clopidogrel) please check with your prescribing physician concerning the number of days needed to discontinue this medication prior to your procedure.

Insulin

If you are on any form of insulin medication please contact your treating physician for direction.

10 DAYS BEFORE YOUR PROCEDURE

- Stop taking aspirin {and/or aspirin-containing products such as Excedrin, Midol, Bufferin, Ecotrin or any medicine containing ASA(Acetylsalicylic Acid)}
- Discontinue all herbal, vitamin E and iron supplements.

2 DAYS BEFORE YOUR PROCEDURE:

- Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen, Celebrex, Lodeine and Naproxyn.

Note: Acetaminophen (Tylenol) may be used as a pain-reliever up to the day of your surgery.

NIGHT BEFORE YOUR PROCEDURE:

- **DO NOT EAT OR DRINK ANYTHING, OR SMOKE AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** No gum, cough drops, hard candy, water, coffee, juice, breakfast, or additional snack foods.
- Please arrange for transportation home from the hospital. Taxis will NOT be able to pick you up. Hospital safety regulations prohibit you from driving yourself home.

BEFORE YOU LEAVE FOR THE HOSPITAL:

- Please be sure to bring your photo ID, Insurance card(s) and co-payments (check or credit card)
- If you have an Advanced Directive, Living Will or Durable Power of Attorney please bring a copy to be kept by the facility.
- Bring cases for dentures, glasses or contact lenses.
- Please leave your jewelry and valuables at home.

UPON ARRIVAL AT THE SURGICAL FACILITY:

- Check in at the facility at your scheduled time.
- When you arrive, you will be registered and then directed to the pre-op area.
- Any last minute questions you may have can be directed to the surgeon and anesthesiologist in the pre-op area. A family member or friend may wait with you in this area.

Please Note:

At times, due to unavoidable circumstances, it may be necessary to change the time of your surgery because of cancellations and/or emergencies. This is infrequent, but may happen. If a change in your surgery time is necessary you will be notified.

AFTER YOUR SURGERY

General post operative instructions are included in this packet. *Please read them prior to your surgery and refer to them after surgery.*

A prescription for post operative medication(s) may be given to you at the time of your release from the surgical facility.

Pathology results will be made available and reviewed with you at the time of your post operative visit in our office. Our physicians wish to discuss these directly with you to ensure your complete understanding of your results. As such, ***staff may not give pathology results over the phone.***

During your post operative visit with your physician, please discuss your activity and return to work or school plan. If you need a return to work or school slip or written documentation regarding activity level, please ask before you leave the office.

If your employer requires a statement of disability on their form (including FMLA) there is a \$30.00 fee payable in advance for completing each form. Please be sure to specify where the form(s) are to be sent and allow 10-15 business days for their completion.

You may bring or send requests to:

**Virginia Surgery Associates, P.C.
Attention: Disability Department
3620 Joseph Siewick Drive, Suite 406
Fairfax, VA 22033**

Checks for payment should be made payable to: ***Virginia Surgery Associates, P.C.***

If at any time you have questions or concerns, please do not hesitate to contact the office at (703) 359-8640 between the hours of:

**Monday - Thursday 9:00 AM - 4:30 PM
Friday - 9:00 AM – 4:00 PM**

AFTER YOUR SURGERY

Some basic information that may be helpful for all surgical patients:

FEVER

Low grade temperatures (99-100.5 degrees) are common in the first 2-3 days after surgery, especially if you have had general anesthesia. The best treatment is coughing, deep breathing, and use of the incentive spirometer from the hospital (if you were given one). Higher or persistent temperatures warrant notification to our office.

BOWEL MOVEMENTS

Bowel movements are commonly altered after surgery. If you received even one dose of antibiotics, you may develop several days of diarrhea after surgery. If so, eating yogurt may help this condition. If the diarrhea is very frequent or associated with fever, please notify our office. More often, the combination of anesthesia and pain medication (especially after bowel surgery) can cause severe constipation for up to a week. This may be treated with Metamucil each day, plus Milk of Magnesia if needed. Stubborn cases may benefit from Citrate of Magnesia or other enema. If you have had intestinal surgery, do not use an enema without clearance from your surgeon. Call the office if you have exhausted all of these methods.

PAIN

Surgery hurts! The bigger the operation, the more it hurts. One of the reasons for the hospital stay in larger operations is for pain control with IV medications. In smaller operations, or after several days in the hospital, the pain can usually be well controlled with oral medications. Narcotics such as Percocet, Vicodin, and Tylenol #3 are fairly powerful medications that usually control pain very effectively. However, they have frequent side effects such as dizziness, nausea, and constipation. We recommend treating your postoperative pain initially with Ibuprofen (such as Motrin, Advil, or generic) 600-800 mg with food 3 times a day. Take this medication until your pain subsides to the point that you don't need medication any more.

In addition to the Ibuprofen, take your prescription medication as directed for the first few days if needed. Do not take Ibuprofen if you are allergic to that family of drugs, if you take blood thinners, or if you have had stomach ulcers or gastric surgery. Do not drive if you are taking narcotics. Do not mix alcohol with narcotics.

WOUNDS

Surgical incisions usually require little care. Inpatient surgical incisions are often closed with staples or external sutures. These are usually removed after 5-10 days, often in the office. You will be told in the hospital when you can get the incision wet. Typically showers are allowed after 3 days and tub baths after the sutures are removed. Outpatient or overnight-stay surgical incisions are often closed with dissolving sutures. Steri-strips are then applied to the skin. These may be exposed to the shower the next day, but tub bathing and scrubbing should be avoided for a week. Pinkish or clear discharge is common for 2-3 days after surgery. Thick yellow or foul-smelling discharge or continuous bleeding should prompt a call to the office. Dissolving sutures typically take 3 weeks to disappear. If they protrude from the skin they may itch and you may call the office for an appointment to have them trimmed. In a few cases a blood collection in the wound (hematoma) or a wound infection may cause the edges of the wound to separate. This is usually a simple problem to deal with in the office; call for an appointment if this happens. In some situations wounds are not completely closed, these will be managed by dressing changes several times a day (visiting nurses may be arranged in complex cases), often for several weeks.

AFTER YOUR SURGERY

BANDAGES

Band aids may be applied to small incisions. They should be removed the next day or changed as desired. If there are small white tapes on the incision under the band aids (steri-strips or “butterfly” bandages), these should be left on until they begin to fall off in 7-10 days. They may get wet 24 hours after surgery. Larger incisions may have gauze taped over them. This can usually be removed 48 hours after surgery. All wounds may be covered with clean bandages (changed daily) if they are tender or chafed by clothes.

FOLLOW UP

You will be seen in our office 7 to 10 days after your surgery. Prior to surgery, you should have made an appointment for your post-operative visit. If for some reason that appointment was not scheduled, please call our office at (703) 359-8640 to schedule your appointment.

IF DIFFICULTIES ARISE

Please call our office immediately if you develop any of the following; chest pain, excessive drainage, fever over 100°F, persistent nausea or vomiting, or difficulty with urination. Please call us if other problems or questions arise. We can be reached any time, including evenings and weekends, by calling our office number (703) 359-8640.