

Welcome

Thank you for choosing Inova Fairfax Hospital for your upcoming procedure. We take pride in providing the highest quality care in a safe environment. At Inova Fairfax 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.

<p>Location:</p> <p><input type="checkbox"/> Inova Fairfax Hospital Surgery Center</p> <p><input type="checkbox"/> Inova Women's Hospital Surgery Center</p> <p>Arrival Time: _____</p> <p>Procedure Date: _____</p> <p>Procedure Time: _____</p>

Important Phone Numbers

Presurgical Services	703.970.6565
Presurgical Services (after 7:00 p.m. day before surgery):.....	703.776.3316
Presurgical Services Lab	703.970.3102
Presurgical Services Nurse Navigator	703.970.3125
Financial Services.....	703.776.6019
Hospital Billing Questions.....	571.423.5750
Anesthesiology Billing Questions	1.888.280.9533
Medical Records Office.....	703.776.3307

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:

- 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.

Other Instructions:

Special Medication Instructions from Anesthesiologist:

Preoperative Skin Cleansing

If directed by your physician, please follow the below instructions to reduce bacteria on your skin.

- Buy Hibiclens® at your local drug store. It is available in the pharmacy section. Hibiclens is a 4% Chlorhexidine Gluconate (CHG) antiseptic solution that will reduce the risk of infection at your surgical site. Please follow these instructions:
 1. Take TWO showers, one the night before and one in the morning before coming to the hospital for your surgery. You must be able to shower – no tub baths.
 2. Please do not shave or wax body hair at least 48 hours prior to surgery. It is okay to shave facial hair, but do so before showering.
 3. With each shower, shampoo your hair and wash your skin with your regular shampoo and soap. Rinse thoroughly.

Day Before Your Procedure

You will:

- Be sure to monitor your overall health – it is important to notify your surgeon's office if there is any change in your health status.
- Prepare what to bring with you. We recommend packing lightly.
- Unless you were given specific instructions by your physician, please shower or bathe the night before or the morning of surgery with an Antibacterial Soap.

The following is a checklist to help you prepare:

- 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. If you wear contacts please leave them at home.
- Valuables and jewelry should be left at home.
- Dentures – we will provide a container
- Comfortable, loose fitting clothing that will be easy to put back on after surgery. A gown will be provided.
- Please remove make up before you arrive.
- You may brush your teeth and gargle on the morning of surgery but do not swallow any water.
- Follow eating and drinking restrictions as instructed by surgeon and/or pre surgical services nurse.

4. Then, using the Hibiclens® solution and a clean, wet washcloth, wash your skin surface again starting from the neck down and gently scrub your skin, avoiding genital area. Pay special attention to the area of your body where your surgery will take place. If you cannot reach the area where your surgery will take place, please have someone wash for you (after they have thoroughly cleansed their hands). Allow the CHG solution to remain on your skin for at least 2 minutes. Your skin should then be rinsed and dried with a clean towel.
5. After your evening shower, dress in clean bedclothes and sleep on clean sheets. After your morning shower, dress in clean clothes that you will wear to the hospital.
6. Do not apply any creams, lotions, powders, perfumes, or deodorant on day of surgery.

Special Instructions for Pediatric and Adult Patients:

Solids	Clear Liquid	Breast Milk	Non-Human Milk/Infant Formula
Nothing after midnight. No gum, mints, ice chips or candy allowed.	May have 4 oz. or less up to 4 hours minimum prior to arrival time. <i>Examples of clear liquid include water, carbonated beverages, Gatorade, clear tea, and black coffee.</i>	Feeding must end 6 hours prior to arrival time.	Feeding must end 8 hours prior to arrival time. Do NOT add cereal to formula.

No solids or liquids after midnight or 8 hours minimum prior to arrival time. No gum, mints, candy or ice chips allowed.

Special Instructions for Children:

- Bring a favorite small toy (doll, blanket, stuffed animal)
- Follow doctor's dietary restrictions especially the morning of procedure
- Child Life offers a personal tour to prepare you and your child for your child's procedure. To schedule a tour, please contact **703.776.6486**.
- Patients under 18 years old 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 entire process.

Financial Services

Prior To Your Procedure:

- Financial services will assist you with:
 - Verification of coverage and benefits
 - Obtaining any required authorization, as needed
 - Assist you in understanding any expected financial liability
 - Assist with setting up any financial arrangements
- Prior to your surgery date, we will contact you regarding your deductible or other financial liability. Payment arrangement or financial assistance can be discussed during this time. If we are unable to reach you, be prepared to pay any expected co-pay or co-insurance on the day of surgery.
- If you have questions prior to your day of service, please contact Inova Fairfax Hospital Financial Services at **703.776.6019**.
- Pre-payment for General Surgery and Obstetrics/GYN procedures can be made by calling **703.776.6019**.
- Cosmetic procedures must be paid prior to your procedure/surgery
 - Anesthesia fee (Fairfax Anesthesiology Associates) - for questions or to make payment, call **703.776.3479**.
 - Inova Fairfax Hospital facility fee - for questions or to make payment, call **703.776.3761** or **703.776.7858**.

After Your Procedure:

You may:

- Receive a bill for any remaining balance.
- Receive separate bills from providers of the Surgical Team

Hospital Bill

- A facility bill from the hospital or surgery center at which the surgery is performed. This bill will reflect expenses for staff, supplies and equipment used for the surgical services provided.
- Questions and payment regarding this bill should be addressed to the Billing Office at **571.423.5750**.

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

- Fairfax Anesthesiology Associates will bill for anesthesiology services provided during your surgery.
- Questions regarding this bill should be directed to **1.888.280.9533**.

Day Of Your Procedure:

Upon Arrival at Facility - Check-In

- Please arrive at the facility 90 minutes prior to your scheduled procedure
- Enter through the appropriate surgery center and proceed to Surgery Check-in desk.
- Please have a valid photo ID available at check-in for positive identification.
- You and/or your companion or family member will also receive a pager. You can return the pager to your nurse at discharge or place it in one of the return bins.

Registration Process

- Registration will notify our Preoperative Team to prepare your Pre-Op room.
- Once your preoperative room is ready, a team member will come out to escort you to your room. A member of your family or companion may accompany you if you wish.
- You will be asked to use the restroom. Women may be asked to give a urine specimen.
- When you reach your room, you will be asked to change into a hospital gown.
- At this time, registration will begin. You will need the following information:
 - Valid Photo ID
 - Insurance Card
 - Form of Payment (check, cash or credit card)
 - Pharmacy Card
- You will meet the following members of our Surgical Team who will verify your name, procedure and review your medical information, and obtain your Surgical Consent.
 - Pre-operative nurse and clinical technician
 - Anesthesiologist and/or Certified Registered Nurse Anesthetist (CRNA)
 - Surgeon
 - Operating Room Nurse
- Please ask any questions or share 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 family member or companion will be directed to the Surgical Services Waiting Area. They can track your progress by viewing the flat screen monitor in the waiting area. In order to maintain your privacy, a unique identifier has been created for you.

When the Procedure is Completed

- You will be taken to recovery.
- If you are being admitted, you and your family will be taken upstairs when your room is ready.
- The recovery nurse will contact your family several times, once about 30 minutes after your arrival in the recovery room to give an update, again when you are ready for a visitor and again when you are ready to be moved to your room.

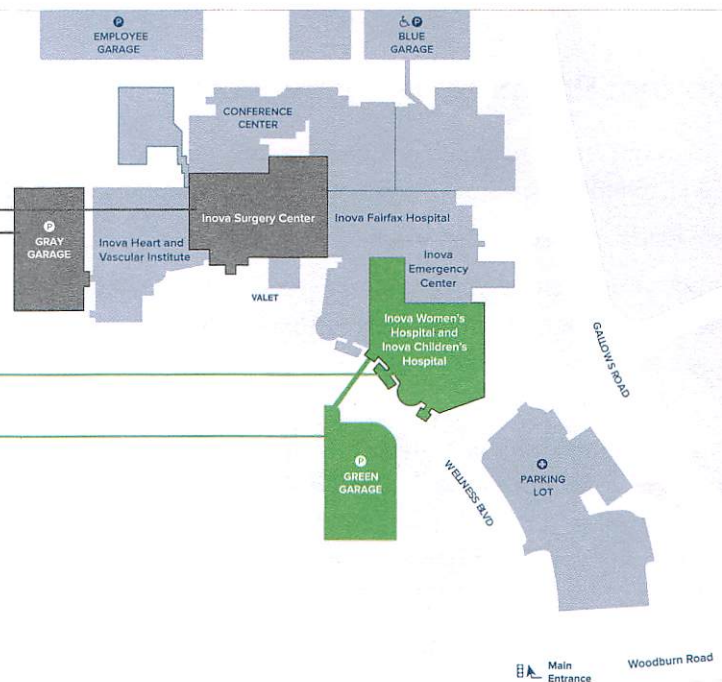
Recovery and Discharge

- If you are going home after your procedure, you will be moved to the Phase II recovery area when awake from surgery.
- When you are awake, settled, comfortable and ready, your family member or companion will be called to join you in the recovery room (PACU).
- If you are going home after your procedure, you and your family member or companion will be given discharge instructions and any prescriptions the surgeon has written.
- For your convenience, there is Pharmacy Plus, our retail pharmacy, on site to fill your prescriptions before you leave.
- You will be ready to go home when you have:
 - Minimal nausea or vomiting
 - Stable vital signs
 - Able to drink easily
 - Able to urinate
 - Pain is under control
 - Are able to get in and out of the car
- Please make sure that family member or companion returns the pager to designated area upon exit.

Inova Surgery Center
 Park in Gray Garage or Valet.
 Use the Inova Surgery Center entrance.

For after-hour and weekend registration, please enter through Inova Women's Hospital entrance.

Inova Women's Hospital Surgery Center
 Park in Green Garage or Valet.
 Use the Inova Women's Hospital entrance.



Directions to Surgery Locations

Inova Fairfax Hospital Surgery Center

Via I-495 (Capital Beltway):

From the North (Tyson's): Take Exit #51 Gallows Road/650. Stay left at the top of the ramp. Go straight at the light onto Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions below.

From the South (Alexandria/Springfield): Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at second light onto Woodburn Road. Turn right at first light via on Wellness Boulevard. See parking directions below.

Via Rt. 50:

From the West (Fairfax): Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fifth light on Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions below.

From the East (Washington/Falls Church): Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fifth light on Woodburn Road. Turn right at first light on Wellness Boulevard. See parking directions below.

Parking instructions for Inova Surgery Center

- On the day of the procedure, enter the hospital campus from Woodburn Road via new main entrance onto Wellness Boulevard.
- Turn right into the Inova Surgery Center entrance for patient drop-off.
- Valet parking is available. Or self-park in the GRAY garage on the right past the Surgery Center entrance. Valet and self-parking fee is \$5.
- Enter the Surgery Center. Check desk is located on the left.

Inova Women's Hospital Surgery Center

Via I-495 (Capital Beltway):

From the North (Tyson's): Take Exit #51 Gallows Road/650. Go straight across Gallows Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

From the South (Alexandria/Springfield): Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at the third light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

Via Rt. 50:

From the West (Fairfax): Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

From the East (Washington/Falls Church): Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

Parking instructions for Inova Women's Hospital Surgery Center

Please use the GREEN Hospital Entrance located directly off Wellness Blvd. For your convenience, a patient drop-off area and valet parking is immediately outside of Inova Women's Hospital's lobby. To park, enter the GREEN parking garage which is available for patients, families and visitors. You may cross to Enter the Inova Women's Hospital. main entrance. To check in for surgical procedures, proceed to the registration desk just inside the Inova Women's Hospital lobby doors.

If you are scheduled for a cesarean birth, please arrive at least two hours before your surgery time to allow for registration and preparation for surgery.