

# Preparing for Your Out-Patient Surgery

Rockford Orthopedic Surgery Center



## Welcome to the Rockford Orthopedic Surgery Center!

Our board-certified / board-prepared surgeons, experienced anesthesiologists, and dedicated nurses and technicians take great pride in providing the highest quality 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 surgeon will talk with you about the type and length of surgery you are having, type of anesthesia and length of the recovery period to be expected.

Outpatient surgery, also called ambulatory surgery, means that you will go home the same day. Should there be a need for hospital care following a procedure, we maintain a binding transfer agreement with OSF Saint Anthony Medical Center in Rockford.

Our goal is to make your experience at the Surgery Center as pleasant and safe as possible. Therefore, we ask that you take the time to read and follow these instructions and complete necessary paperwork and testing before arriving at the Surgery Center. This information will help minimize delays on the day of your surgery. Our health care team is dedicated to ensuring your experience is a positive one, so do not hesitate to call the Surgery Center at 815-381-7401 if you have any remaining questions after reading this information.

## Preparing for Your Surgery

Please tell us if you have any questions or concerns about your health care. We want your experience at the Surgery Center to be as relaxed and informed as possible.

### **CONSENT FOR MEDICAL PROCEDURES**

Your surgeon will discuss the details of your operation with you prior to your surgery. You are entitled to a full explanation of your diagnosis, treatment plan and prognosis, as well as the risks, benefits, and alternatives associated with your care. If you do not understand what is being recommended, or if you are uncertain about whether you want the procedure, talk to your physician or nurse. Before any major medical procedure can be initiated, you or an authorized member of your family will be asked to sign a consent form.



## WHAT TO TELL YOUR PHYSICIAN

In order to assure you safe care, it is important for you to provide the following information to your physician prior to surgery:

**Allergies:** Do you have any allergies to foods, medications, metal, nickel, or iodine dyes used in diagnostic tests?

**Latex Allergy:** Have you ever reacted to latex products, such as gloves, rubber balloons, or other items?

Do you take **medications** regularly? This includes over-the-counter medications (e.g. aspirin and ibuprofen), herbal remedies (e.g. St. John's Wort, Garlic), nutritional supplements, pain medication and/or prescription medication(s) and how often you take them.

Do you **use tobacco**?

Do you drink **alcohol**?

Do you use recreational or "street" **drugs**?

Do you have **other health problems**, such as diabetes, heart problems, or high blood pressure?

Have you had surgery before?

Have you had anesthesia before? How did you react?

Is it possible that you are

## INSURANCE COVERAGE

Prior to your procedure, Rockford Orthopedic Surgery Center will verify with your insurance carrier that your physician, surgery, and test costs at the Surgery Center are covered. However, as the patient, it is your responsibility to contact the insurance carrier to determine applicable co-pay, deductible, and out-of-pocket expenses you may incur beyond covered expenses.

## INTERPRETER SERVICES

If you need an interpreter, both foreign language and sign language interpreters are available. Please inform the Rockford Surgery Center during your pre-operative interview and one will be provided for you at no charge.

## PREOPERATIVE INSTRUCTIONS AND TESTING

Our pre-anesthesia nurse will call you prior to the scheduled date of surgery to review your medical history and preoperative instructions. If we have been unable to reach you, please call our nurse at (815) 381-7401 between the hours of 8:00 a.m. and 4:30 p.m. It is important you return this call promptly so the anesthesiologist can determine if you will need further testing prior to your procedure. If there is no answer, please leave a message with the best time and the phone number (and if possible, an alternative phone number) you can be reached at and the nurse will return your call as soon as possible.

Prior to your surgery, a physical examination will need to be completed no more than 30 days before the date of your surgery and the medical history review. In some cases, you may need an EKG (also within the 30 days), lab work, or X-rays. Your surgeon or physician assistant may arrange for this physical examination.

Please follow your pre-operative instructions carefully. It is extremely important 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 surgery.

(continued)

✓ **NO** eating or drinking after midnight, unless instructed otherwise by the pre-operative nurse.

✓ **Do not** suck on hard candy, lozenges, breath mints, or chew gum.

✓ If you take daily medications, the pre-anesthesia nurse will instruct you on which medication you may take the day of surgery and at what time. Do not take any supplements, vitamin or herbal, 7 – 10 days prior to surgery.

✓ **DO** shower or bathe prior to arriving at the Surgery Center to help prevent infections post-operatively.

✓ Tell us if you have any allergies or sensitivities to food or medication.

✓ Bring any inhalers you use with you the day of surgery.

✓ Do not smoke or drink alcohol 24 hours prior to and following surgery.

✓ Remove nail polish and nail wrapping from all fingers prior to coming to the hospital.

✓ Do not apply any makeup, mascara, cream, powders, lotions or aftershave lotion the day of surgery.

✓ Remove all **metal jewelry** which includes all **body piercing** before coming to the Surgery Center. Jewelry not removed prior to surgery may be cut off during the admission process at ROSC.

✓ Do not shave lower extremity.

**Please Note: ROSC's waiting area is not designed to serve large numbers of people. We kindly ask that you limit the number of companions accompanying you to no more than two.**

## IF ILLNESS DEVELOPS

If you develop a cold, virus, sore throat, temperature or other illness during the week before your scheduled surgery, please contact your physician immediately. Your physician will determine whether your procedure should be rescheduled.

## BRING AN ESCORT

Because you are coming in for ambulatory surgery (i.e. going home the same day of the procedure) you will be required to have an adult escort, 18 years or older, to drive you home. Most surgeries require you have someone stay with you for the first 24 hours after surgery.

## WHAT TO BRING

**Insurance Information** - please bring your insurance cards with you to the Surgery Center the day of surgery.

**Guardianship** - All legal guardians of a minor child under the age of 18, a mentally compromised adult or a foster child undergoing surgery must bring all legal/ court documentation verifying his or her guardianship of the patient. Without legal proof of guardianship, the surgery will have to be rescheduled. All court-legal documents must be originals; copies will not be accepted. The originals will be immediately returned to you.

**Clothing** - We recommend that you wear casual, comfortable, loose-fitting clothing that buttons or zips down the front and is easy to take off and put back on after surgery. (Shoulder patients should bring in a button-up shirt that is 2 - 3 times larger than your normal size.) Shoes should be flat and with out laces.

(continued)

**Special Equipment** - If you have been given a sling, crutches, braces, cold-therapy cooler or immobilizer, remember to bring them with you the day of surgery. Crutches and crutch training are available prior to surgery. Please make sure you have been properly instructed on the use of any equipment you will be using post-operatively prior to your surgery date.

**Valuables and Personal Belongings** - Leave all valuables and jewelry, including wedding rings, at home since the Surgery Center cannot assume liability for personal property. Limited locker space will be made available for your belongings. ROSC is not responsible for items which are lost or misplaced.

Dentures, glasses and hearing aids may have to be removed prior to surgery - please **do not wear contact lenses the day of surgery**. Since these personal items can easily be misplaced, please keep them in appropriate cases or containers or give them to the person escorting you. If requested, your nurse can provide special denture cups.

You may bring an iPod or music CD for relaxation prior to surgery or during a local procedure.

## The Day of Your Surgery

### CANCELING A PROCEDURE

If you find yourself in a situation that makes it necessary to cancel your surgery, please call your physician as soon as possible.

### CHECKING IN

Please arrive on time for your procedure to help avoid delays. You should arrive one hour prior to your

scheduled surgery time unless instructed differently by your surgeon's office. If you are a pain management patient, you should arrive 30 minutes prior to your appointment.

Please check in at the main desk of the Surgery Center, where you will be asked to sign surgical consent forms. If your insurance carrier requires surgical co-pays, you will be asked to make payment at this time. After signing in, you will be given a patient identification bracelet and escorted to the pre-operative holding area and given a hospital gown to wear.

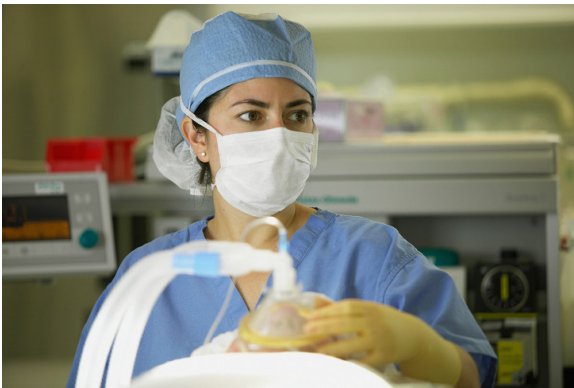
After you have changed, a registered nurse will assist you in all your needs. At this time, women age 50 or younger will be asked for a urine sample to rule out the possibility of pregnancy. You will also be seen by an anesthesiologist who will tell you about the type of anesthesia you will be receiving for surgery. The surgical site will be marked with an ink pad stamp verifying the correct site. In preparation for the procedure, an intravenous (IV) line will be started in an arm or hand vein. The IV will be used to deliver medications and fluids during surgery. Your operating room nurse will then escort you to the operating room.

(continued)





We ask that your family member, friend, or escort wait in the TV room/waiting area. We will call them if needed and will be happy to answer their questions. At the conclusion of your surgery, your surgeon will meet with your family, friend or escort in the consultation room. We strongly recommend that you do not bring children as ROSC does not have the facilities or personnel to adequately supervise them.



## About Ambulatory Anesthesia

The anesthesiologist is responsible for your comfort and well-being before, during, and after your out-patient surgical procedure. Prior to surgery, the anesthesiologist will meet with you to evaluate your health status and determine the best anesthesia option for your surgery. He or she will also answer any questions you may have. If you have had any experiences in the past with anesthesia, please inform the anesthesiologist.

In the operating room, the anesthesiologist will manage your anesthesia and monitor vital signs. In the Peri

Anesthesia Care Unit (PACU), the nursing staff ensures that all patients remain stable following surgery. There are several ways to administer anesthesia. The anesthetic choice is determined by your general condition and medical history, as well as the surgery or procedure being done.

**General Anesthesia** uses medicines to put you into a sleep state in which you will not feel, see, or hear anything during your procedure. Anesthesia is administered through a mask and other necessary medications are given through your intravenous line.

**Regional Anesthesia** means injection of medicine through a small needle to “numb” specific areas of the body. This is also known as a nerve block, an epidural or a spinal. Other nerve blocks may be done in conjunction with general anesthesia as well as to provide you with post-operative pain management.

**Monitored Anesthesia** will make you drowsy or sedated but allows you to remain able to communicate. Pain medication and sedatives are delivered through your intravenous line, and local anesthesia may also be delivered to the site of surgery to provide you with additional pain control during and after your procedure.

**Local Anesthesia** does not require an anesthesiologist and is administered by your surgeon by injecting a local anesthetic to provide numbness at the surgical site. Your operating nurse will monitor your vital signs and provide necessary comfort measures.

You will then be taken to the operating room on your cart. The anesthesiologist and nursing staff will be with you at all times to monitor your medical needs during the surgical procedure.

## In the Operating Room

Your surgeon leads the surgical team. Our team members usually consist of nurses, anesthesiologist, physician assistant and a surgical technician. As a team, they provide a sterile and safe surgical environment.

### RECOVERY / PACU

After your surgery, you will be taken to the recovery room, also called the PACU (Peri Anesthesia Care Unit.) You will continue to be monitored for about 30 minutes. Your family members are not allowed to be with you at this time. The PACU nurses will continue to take care of your needs and make you comfortable.

One of the most common post-operative side affects is nausea and vomiting. Your anesthesiologist will provide you with medications during and after surgery to minimize this from occurring.

You will be given simple exercises to help in recovery. Taking deep breaths and coughing will help keep lungs clear. Walking and moving your legs will help your circulation. Be sure to have someone with you the first time you get up and until you feel steady.

### POST-OPERATIVE PAIN MANAGEMENT

The Rockford Orthopedic Surgery Center is committed to recognizing and treating your pain using medications and treatments that will provide the best level of relief. As the patient, you have valuable information to give the staff regarding your pain. Remember that you know your pain best.

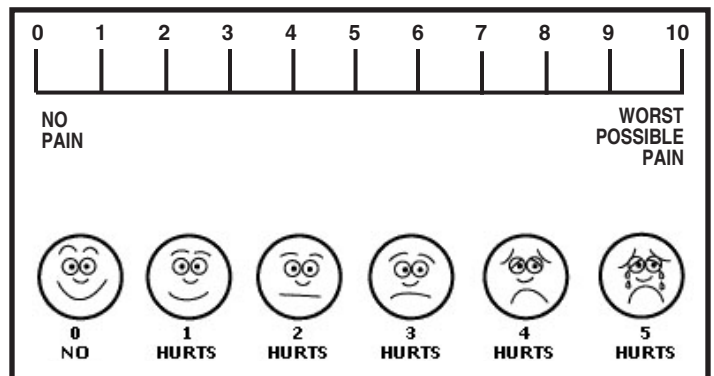
Our staff will be asking you to rate your pain using the following pain scale illustration. We will teach you to use this scale to tell us about your pain.



Always tell your doctor, nurse or other staff member when you are having pain. Do not be afraid to ask for pain medicine.

If you have any questions or need further information regarding pain management please ask our nursing staff or your physician.

### Wong Pain Scale



From Wong D.L.; Hockenberry-eaton M.; Wilson, D.; Winkelstein, ML; Schwartz, P.; Wong's Essentials of Pediatric Nursing, ed. 6, St. Louis, 2001, Appendix H Copyrighted by Mosby. Reprinted by permission.

## Discharge Care to Home

ROSC provides patients and their family / caregiver with detailed instructions about post-operative care and what can be expected during recovery. The written instructions regarding diet, rest, medication, hygiene and follow-up appointments will be discussed and a copy provided to you prior to your discharge from the Surgery Center.



Please follow these instructions carefully. These instructions are provided to help you recover faster, be more comfortable, and reduce the risks of complications. Take things slowly until your physician tells you it is okay to return to your usual routine.

If you live alone, you may want to arrange for someone to stay with you on the first night after your surgery. It is important to have an adult care for you over the next 24 to 48 hours.

A member of our nursing staff will call you 24 to 48 hours after surgery to check on your condition and find out how your recovery is progressing. If you miss or do not receive the call, please telephone the Surgery Center at (815) 381-7401 between the hours of 8:00 a.m. and 4:00 p.m., Monday thru Friday, so that we can address any concerns or questions related to your surgery and recovery. If your surgery is on Friday, you will be contacted on Monday.

## Patient Policies

### PATIENT SAFETY

Patients play a vital role in making their health care safe. We urge you to get involved in your care.

### NO TOBACCO USE POLICY / FIRE SAFETY

The Rockford Orthopedic Surgery Center is a smoke-free environment. Tobacco is prohibited by the staff, patients and visitors in all areas of the Surgery Center. As part of ROSC's comprehensive safety program, fire alarms are tested routinely and fire drills held regularly.

### PATIENT RIGHTS

You will be asked to sign a copy of the Patients' Bill of Rights, which explains your rights as a patient according to Illinois State law. A copy of this bill/disclosure follows on the next page for your advance review. The Surgery Center is compliant with all applicable rules, regulations and laws regarding patients' rights.

## Rockford Orthopedic Surgery Center

346 Roxbury Road  
Rockford, Illinois 61107  
(815) 381-7401

**To contact your surgeon: 815-398-9491**

[www.rockfordortho.com](http://www.rockfordortho.com)

Licensed by the State of Illinois Department of Public Health, Certified by AAAHC and Federal Government (Medicare) approved to assure the highest standards. Rockford Orthopedic Surgical Center demonstrates rigorous commitment to the highest standards of quality care.

## Disclosure of Ownership

Rockford Orthopedic Surgery Center is a Limited Liability Company (LLC), which is owned by Rockford Orthopedic Associates, Ltd. surgeons, one of whom may be your physician, and OSF Saint Francis, Inc. These physicians have become owners as a result of their commitment to the highest quality health care and superior customer service to their patients.

You should know that this facility might have a financial relationship with your physician. You have the right to choose an alternative source of service. Please contact your surgeon or medical specialist's office to obtain a list of sites where he/she has privileges to practice.

## THE PATIENT HAS THE RIGHT TO:

- ◆ Receive the care necessary to help regain or maintain his or her maximum state of health.
- ◆ You have the right to equal consideration and treatment regardless of your sex, age, race, religion, color, economic status, or sexual preference. Express spiritual beliefs and cultural practices that do not harm others or interfere with your medical care.
- ◆ You have the right to an advance directive, such as a living will or healthcare proxy. A patient who has an advance directive should provide a copy to the facility and his/her physician. It is the policy of this facility NOT to honor an advance directive.  
Information is available regarding Advance Directives at [www.idph.state.il.us/public/books/advin.htm](http://www.idph.state.il.us/public/books/advin.htm) or call 217-782-4977
- ◆ Complete information, to the extent known by the physician, regarding diagnosis, treatment and prognosis, as well as alternative treatments or procedures and the possible risks and side effects associated with treatment.
- ◆ You have the right to good quality care and high professional standards that are continually maintained and reviewed. Be fully informed of the scope of services available at the facility, provisions for after-hours and emergency care and related fees for services rendered.
- ◆ Approve or refuse the release of medical records to any individual outside the facility, except in the case of a transfer to another healthcare facility, or as required by law or third-party payment contract.
- ◆ You have the right to all communications and records will be kept confidential. Expect full recognition of individuality, including privacy in treatment and care.
- ◆ You may refuse treatment to the extent permitted by law and to be informed of the medical consequences of such a refusal. The patient accepts responsibility for his or her actions should he or she decide to refuse treatment or not to follow the instructions of the physician or facility.
- ◆ You have the right to expect emergency procedures to be implemented without unnecessary delay. The Surgery Center will care for you to the best of our ability. You will be fully informed before any transfer to another facility.
- ◆ You have the right to assistance in obtaining consultation with another physician at your request and expense.
- ◆ You have the right to effective assessment and management of your pain. We are concerned health professionals committed to pain prevention and management; health professional who respond quickly to reports of pain and provide effective pain management.
- ◆ It is your right to every consideration of your privacy concerning your own medical care program. Case discussion, consultation, examination, and treatment are considered confidential and should be conducted discreetly.
- ◆ Expect personnel who care for the patient to be friendly, considerate, respectful and qualified through education and experience and perform the services for which they are responsible with the highest quality of service.
- ◆ Express grievances/complaints and suggestions at any time.

## NOTICE

You and your responsible other has the right to be informed of the complaint process at the surgery center. You should report any concerns about your care or safety issues you encountered during your stay. You may contact the nurse manager for information regarding initiation, review, and resolution of your complaints. You may report issues to the ILLINOIS DEPARTMENT OF PUBLIC HEALTH at 1-800-252-4343 during regular business hours, or if Medicare related, [www.cms.hhs.gov/center/ombudsman.asp](http://www.cms.hhs.gov/center/ombudsman.asp) or call 800-633-4227.