

Preparation for Surgery

Your physician will discuss your procedure with you. Be sure to tell your physician about any medicines you may be taking and ask whether or not you should take them on the day of your procedure. You will be instructed concerning which medications to take the morning of your procedure by our preoperative nurse. You may be required to see your primary care physician or any specialist who cares for you prior to your procedure to assess your medical condition.

If you are receiving any form of sedation or anesthesia other than local for your procedure, you **MUST** make arrangements to have a responsible adult accompany you to and from the Surgery Center. Since you will be under the influence of medications, this person will:

- receive instructions necessary for your post-operative recovery;
- be responsible for driving you home; and
- provide care to you once you are home.

We strongly recommend that someone stay with you for the first 24 hours following your procedure.

Patients under the age of 18 must be accompanied by their parent(s) or Legal Guardian. The Legal Guardian should bring proof of Guardianship.

Advance Directives

An advance directive is a written statement of your wishes regarding your health care, which goes into effect if at some time you are unable to make health care decisions.

- You have the right to have an advance directive and a living will.
- It is the patient's responsibility to provide a copy of the advance directive to their physician and the Surgery Center prior to the date of the procedure.

Preoperative Instructions

The preoperative nurse will call you approximately one week prior to your scheduled procedure to review your medical history and to provide instructions. It is important for you to speak with someone from the Surgery Center prior to your procedure.

Before your procedure, you should follow these important safety rules. If not followed, your procedure may have to be delayed or canceled.

- Do NOT eat or drink anything after midnight the night before your procedure unless your doctor or anesthesiologist instructs otherwise. This includes food, liquids, water, candy, gum, and chewing tobacco; also do not smoke after midnight the night before your procedure. Not following these instructions can cause serious complications.

- On the morning of your procedure take only those medications that you have been instructed to take. If you are confused about which medications are correct, please contact our preoperative nurse or anesthesiologists at 301-438-6966.
- If you take blood thinner, please tell your physician.
- Do not bring jewelry or other valuables (except cash or credit card necessary for payment).
- If you are unable to keep your appointment or you are delayed, or if you have any questions or concerns regarding your care, please call the Surgery Center at 301-598-5100.
- If your physician has sent you for a preoperative History and Physical or an EKG please fax the information to us at 301-598-2894 (attention: preoperative nurse).

Day of Procedure

You should bring the following with you:

- Insurance cards or forms; and a picture ID/drivers license
- Contact lens container (if you wear contact lenses); and
- Medications you are currently taking.
- You should wear loose, comfortable clothing and low heeled shoes so it is easier to dress following your procedure.
- Please leave jewelry and any valuables at home (except cash or credit card necessary for payment).

Once you have registered, a nurse will escort you into the preoperative area where your pulse, temperature, respiration, and blood pressure will be taken. You will be asked to change into a gown provided by the Surgery Center. Your clothes will be placed in a secured location until you are ready to be discharged. The anesthesiologist and your physician will see you prior to your procedure.

After the procedure is completed, you will be taken into the recovery area until you are ready to go home.

After your procedure, coffee, juice, soda and crackers will be provided for patients in the facility. Please do not bring food from home except for infants and small children - please bring a bottle or sippy cup with milk or juice for after the procedure.

Procedures for Children

The Surgery Center of Maryland was designed to accommodate the special needs of the pediatric patient. The Center has a highly qualified nursing staff, and the anesthesia team has extensive training and experience with children. Parents will be called prior to the date of the procedure and tours are encouraged!

Children are encouraged to bring a favorite toy or blanket with them. Parents are allowed to stay with the child while in the preoperative and postoperative areas and they are encouraged to participate in the anesthesia delivery. It will be necessary for parents to remain in the building while the procedure is in progress.

Following Your Procedure

You will be given specific instructions from your physician regarding your care upon discharge from the Surgery Center of Maryland.

For your comfort and safety, we remind you of the following:

- Have a responsible adult stay with you for the first 24 hours following your procedure.
- Take it easy until your physician says you can return to your normal routine.
- DO NOT drive, operate machinery or power tools, drink alcoholic beverages, or take any medications not prescribed by your physician for at least 24 hours following your procedure.
- It is natural to experience some discomfort at the site of the procedure. You may also experience some drowsiness or dizziness depending on the type of anesthesia you receive, and the amount of pain medication you are taking at home.
- Follow your physician's instructions regarding diet, rest, and medication.
- Contact your physician if you feel you are having problems after discharge. If your physician is not available, call the nearest hospital emergency room.
- It is very important to remember - you must have a responsible adult drive you home after your procedure if you will be receiving sedation or anesthesia.
- Taxi or public transportation is allowed only for patients receiving local anesthesia or if the patient is accompanied by a responsible adult.
- Contact the Center if you have any questions, at 301-598-5100 from 7:00 a.m. to 5:00 p.m., Monday through Friday.

The day after your procedure, a member of the Surgery Center staff will call you to check on how you are doing. If your procedure is on a Friday, you will be contacted on Monday.

Billing Information

If you have given complete and accurate insurance information to your physician's office, a member of our business office staff will call your insurance company prior to your procedure, and verify your medical benefits. We will secure any information regarding copayment, coinsurance and / or deductible amounts that will be your responsibility. A member of our business office staff will contact you with an estimate of these amounts. Payment will be expected in full on the day of your procedure. You will be billed for any amounts incurred in excess of the estimate.

Any patient with no insurance or whose insurance has denied coverage for the scheduled procedure, must be prepared to pay on the day of the procedure. For your convenience, the Surgery Center of Maryland accepts the following forms of payment: cash, Visa and MasterCard. Checks will only be accepted for amounts under \$25.00.

You will receive separate bills from the following providers of service, and any questions regarding these bills must be directed to their respective billing offices:

- Your physician or surgeon
- Anesthesia Services - when you receive services from an Anesthesia Practitioner you will be billed separately for this service. For insurance and billing inquiries please call 240-364-2500.
- Laboratory tests - any pre-operative tests ordered prior to the procedure not performed at the Surgery Center of Maryland.
- Radiology - any pre-operative x-rays or imaging ordered prior to the procedure or performed on the day of the procedure.
- Pathology - this will be for the examination of any tissues or specimens collected during the procedure.

The business office staff at the Surgery Center of Maryland will be happy to answer any questions you may have regarding insurance coverage or billing procedures. The Business Office telephone number is 301-598-5100.