

OTHER IMPORTANT INFORMATION

FOR FAMILY AND FRIENDS

We want our patients and guests to feel comfortable while in our hospital. Family and friends are invited to enjoy magazines, television and free coffee in the surgery center waiting room. We ask, however, that all visitors observe a few simple rules for their safety and that of our patients.

- Due to space limitations, only two people will be allowed to accompany patients before and after surgery.
- For safety reasons, health concerns and consideration for other patients, we request that small children not visit patients in the surgery center or accompany adults in the waiting area.
- To prevent spreading germs, family and friends with cold or flu symptoms should not accompany patients to the surgery center.
- For everyone's health, please remember to wash your hands before arriving at the surgery center and after leaving.

PARENTS OF CHILDREN HAVING SURGERY

We make every effort to allow you to stay with your child as much as possible, both before and after surgery. Other family members or close friends will be asked to wait in the surgery center waiting room. During your child's surgery, you may ask the waiting room hostess to check on your child's progress.

FINANCIAL INFORMATION

We're committed to providing the most efficient service possible. In doing so, we'll work with you to make sure all your personal contact and insurance information is correct and up to date. This is important for two reasons:

First, many insurance companies have strict notification, referral and authorization procedures that must be met before coverage is guaranteed. We'll need to verify your insurance coverage and the standards required by your insurer.

Second, verification may prevent delays on the day of your surgery. If your preregistration process is completed properly, all you'll need to do when you arrive for surgery is check in, sign your Consent for Treatment form and pay any necessary co-pay.

Your co-pay amount can be paid via credit card, debit card, cash or check. This will be collected either over the telephone, during your pre-admission interview/testing appointment or on your surgery day.

Please bring personal identification (photo ID) and your insurance card(s) with you on the day of your surgery.

Financial counselors are available to help you with financial assistance programs available through Wayne UNC Health Care. If you don't have health insurance, or don't have enough insurance, and would like to know if you are eligible for these programs, please call one of our financial counselors at 919-731-6103, Monday through Friday, 7 a.m. until 5 p.m.

A SURGERY SNAPSHOT

It's extremely important that you follow all of the instructions you're given about your surgical procedure. Here are a few key points to remember:

- Be on time! If you are late, your procedure may have to be canceled and rescheduled.
- Unless instructed otherwise, do not eat or drink anything after midnight the night before your surgery (This includes mints or gum).
- Bring a list of all medications you are currently taking including medication name, dose, and directions.
- Bring your personal identification (photo ID) and insurance card(s).
- Remember, you will not be allowed to drive yourself home if you receive anesthesia or sedation. Be sure to make arrangements for someone to bring you to the Hospital, stay during your surgery and take you home afterward.



ASK US ANYTHING

Please know that as a patient of Wayne UNC Health Care, you'll receive the best possible health care from our exceptional team of highly skilled professionals.

If you have any questions about your surgery, please talk to your physician or call us at (919) 731-6218.



WELCOME TO WAYNE UNC HEALTH CARE

Knowing what to expect from every step of your surgical experience can be a great comfort to both you and your loved ones. This simple reference guide will help you plan for the days before your surgery, your time in the hospital and the days that follow.

It will also help guide you through a few pre-surgical procedures you'll need to complete in order to ensure that your surgery takes place at the appointed time.

PRE-ADMISSION TESTING

Inside the cover of this brochure you'll find the date and time of your pre-admission testing. You will receive an automated call the day before to remind you of this appointment time. Please plan to arrive 20 minutes prior to allow for registration. If you cannot keep this appointment, please call (919) 731-6218 (option 2) to reschedule. (If you don't require any pre-surgical testing, we may simply telephone you prior to surgery to complete your registration. During this call, we'll ask about any medications you're taking, so please have them available for reference.) Depending on the types of pre-surgical testing you require, this appointment could take anywhere from 15 minutes to two hours or more.

Please bring these items with you to your pre-admission testing:

- Any chest X-ray and/or any EKG that was done during the past year and/or reports from any heart studies done within the last three years
- Any forms from your physician
- Your health insurance card
- All medications you are currently taking (in their original containers)
- Device cards (If you have a pacemaker and/or defibrillator)

You may eat, drink and take your medications on your interview day.

AT YOUR TESTING APPOINTMENT

When you arrive at the hospital, you'll talk with a nurse who will give you both verbal and written instructions for your surgery and recovery. If you don't have a family physician, your surgeon may request that you see a provider here to order the appropriate tests to prepare you for surgery. Your pre-surgical testing will, in most cases, be performed during this appointment. If you require any testing to be performed on your surgery day, we'll discuss this with you as well.

THE DAY BEFORE YOUR SURGERY

WHAT TO EAT AND DRINK

Unless your physician specifically tells you otherwise, do not eat or drink anything, including water, after midnight the night before your surgery. Having anything at all in your stomach while you are under anesthesia could cause life-threatening complications. Even chewing gum, breath mints, cough drops or hard candy can cause serious complications.

Refrain from drinking alcohol and taking any medications or drugs unless specifically directed. This includes over-the-counter and illegal substances.

CONFIRM YOUR PROCEDURE

You should receive a confirmation call before 8 p.m. on the day before your surgery. This will inform you of the time you need to arrive at the hospital (2 hours before your actual surgery) and any medications you will need to take your morning of surgery. If you don't receive a call by 8 p.m. the day before your procedure, please call (919) 736-1110.

If your surgery is scheduled for Monday, your confirmation call will take place on the Friday before. Please make sure you confirm your appointment to avoid any delays. Also, please be sure that you know how to get to the surgery center before the day of your surgery.

ARRANGE TRANSPORTATION

If you receive anesthesia or sedation, you will not be permitted to drive yourself home after surgery. For your safety, please arrange to have a family member, friend or other responsible adult bring you to the hospital the morning of the surgery, drive you home afterward and stay with you for 24 hours. If you need to use a taxi, bus, or van service, you will still need a responsible adult to accompany you. Surgeons request that this person be able to stay in the hospital at all times while you are in surgery.



DIRECTIONS TO THE SURGERY CENTER

The entrance to the ambulatory surgery center is located at the back of the hospital next to the entrance to the Emergency Department. There is a covered patient drop-off site, and designated patient parking is nearby. Enter the sliding glass doors, and the surgery center reception desk will be located on the right. This entrance is on the ground floor of the hospital.

Find more patient and visitor information at www.WayneHealth.org



ABOUT ANESTHESIA

You will receive anesthesia to help minimize pain during and immediately after your procedure. The exact type will depend on your surgery and may include a local anesthetic, sedation, nerve block or general anesthesia.

These will be administered by a certified registered nurse anesthetist (CRNA) under the supervision of an anesthesiologist or members of your surgical team.

Before surgery, your anesthesiologist will discuss what kind of anesthesia you will receive and any possible side effects. Please make him or her aware of any side effects you or a blood relative have experienced with anesthesia previously.

ON SURGERY DAY

MEDICATIONS: Do not take any medications before coming to the surgery center unless your physician or the nurse specifically tells you to.

ATTIRE: Dress comfortably. Wear loose, non-binding clothing that will fit comfortably over the area of your body affected by surgery.

EYEGASSES OR CONTACT LENS: Bring your glasses with a storage case for them. If you wear contacts, you'll have to remove them prior to surgery, so be sure to bring a storage case and your contact lens solution.

DENTURES: If you wear dentures, you'll probably have to remove them before surgery. A denture cup will be provided.

MAKEUP/NAIL POLISH: Remove fingernail polish for hand surgery and toenail polish for foot surgery or knee replacement. Do not wear makeup or lotion on the day of your surgery. If you do, you may be required to remove it.

PERFUME: In consideration of those who suffer from allergies, we ask that both patients and visitors refrain from wearing perfume, cologne or strongly scented deodorant. Do not wear deodorant on the surgical side if you are having a mastectomy, shoulder, arm or hand surgery.

VALUABLES: Wayne UNC Health Care cannot be held liable for personal property during your surgery, so please arrange to leave jewelry, watches, valuables and other property at your home or with a family member.

AFTER YOUR SURGERY

After your surgery, a nurse will monitor your recovery and help manage any pain you may have. You'll be kept warm and comfortable while the effects of the anesthesia wear off. It's important that follow your nurses' instructions during this recovery period.

LENGTH OF STAY

The length of your stay can vary depending on the type of surgery and anesthesia. Most recovery times are between 15 minutes and two hours. Our staff will work with your surgeon to determine the duration of your stay, based on your condition after surgery. Your surgeon will also determine if you need to stay beyond the usual time or be admitted to the hospital for an overnight stay. In that case, you may be transferred to an inpatient hospital room.

GOING HOME

Before you're discharged from the surgery center, you and the responsible adult with you will receive written instructions about how to care for yourself at home. After your discharge process is complete, your family member or friend will be permitted to drive you home.

