

## Patients • Preparing for Outpatient Surgery

At Northwest Community Hospital, our goal is to make your surgical experience as comfortable as possible. Patients usually have a better experience if they are well informed. So, in preparation for your day surgery, please review this document.

### Where to go

Depending on the type of outpatient surgery you are having, it may be scheduled at the **Day Surgery Center** or at one of NCH's **Main Operating Rooms**. Your surgeon's office will tell you where your surgery will take place.

If your child is having surgery, you can learn more about pediatric surgery at NCH and how to prepare your child on our website under Medical Services > Pediatrics > Pediatric Surgery.

### Registering for your surgery

- A registration representative will call you prior to your surgery date for pre-registration. If necessary, you can contact the pre-registration department at 847.618.3775.
- Based on the type of surgery you are having, a surgical nurse may call you to complete a health history and assessment to determine if a pre-admission visit is necessary.
- Be sure to contact your insurance company prior to your procedure to verify whether pre-certification is needed for your surgical procedure. Depending on your insurance plan, separate pre-certification may be required for your procedure, your surgeon and your anesthesiologist.
- Prior to your surgery date, a registered nurse will confirm your exact arrival time. Surgical times are subject to change.

### Pre-admission testing

If you are having surgery that requires anesthesia, you may need to make an appointment with the Pre-Admission Testing (PAT) department before your surgery; this will be determined by the surgical nurse from your pre-screening call. If so, you will receive a phone call from an NCH representative to schedule your PAT appointment. (This is separate from any appointment you may need to make with your primary care physician, surgeon or specialist prior to your procedure.)

### What to bring with you to Pre-Admission testing:

- Your insurance cards
- Written referral form
- Pre-certification number from your health plan
- Copayment
- A list of your current medications and allergies

At PAT, they will ensure that you are healthy enough to safely receive anesthesia. Be sure to tell the nurse or physician about any medications you are taking, and any allergies or past adverse reactions to medications or anesthesia. You will meet with an anesthesiologist and nurse to discuss your health history and any previous procedures that included anesthesia. You may also need to have the following taken:

- Blood test
- Urinalysis
- EKG
- Blood pressure
- Chest X-ray

If you have questions about pre-admission testing, please call 847.618.7250.

### Advance directives

Advance directives are a legally recognized means for communicating your healthcare wishes if you are too sick to make decisions. These pre-surgical decisions should be considered and discussed with your family members prior to any surgery.

- Healthcare power of attorney (POA)—A legal document that names another person of your choice who can make medical decisions on your behalf.
- Living will—A legal document that states you do not want life-prolonging medical care in the event that you become terminally ill and unable to make decisions.
- Hospital chaplains—Available 24/7 to reach across faith group boundaries to help you make these important decisions.

## Day of surgery

Below are some guidelines for preparing for surgery:

- Bathe prior to surgery. Leave off all makeup, colognes/perfumes, contact lenses, nail polish and jewelry, including wedding bands and body piercing. Wear loose, comfortable clothes.
- If you are having anesthesia, inform the pre-admission nurse or anesthesiologist if you have any loose teeth or dentures. Dentures will be removed before surgery.
- Beginning at midnight prior to surgery: Take nothing by mouth, including water, mints or gum (unless otherwise instructed). Also, smoking is not recommended before surgery, as it can affect your oxygen level during surgery.
- Do not consume any alcoholic beverages for at least 24 hours before or after your surgery.
- Leave valuables at home, except insurance cards/photo I.D. and payment (if instructed).
- Check with your physician regarding use of any medications (including aspirin products—Advil, Aleve, dietary/herbal supplements or Motrin).
- Read all materials provided.

## Where to go on the day of surgery

For outpatient surgery at the Day Surgery Center—please go directly to the Day Surgery Center, Entrance 3, on the day of your surgical procedure. The Day Surgery Center is located on the north end of Northwest Community Hospital. When you arrive, please check in with the receptionist in the lobby. *View the campus map at the end of this document.*

For outpatient surgery at the main operating room—please enter the North Pavilion through Entrance 2 and proceed to the reception desk on the second floor via the north elevators. *View the campus map at the end of this document.*

### PLEASE NOTE:

- If you are unable to keep your outpatient surgery appointment at the Day Surgery Center, please notify the Day Surgery Center as soon as possible at 847.618.7009.
- If you are unable to keep your outpatient surgery appointment at the main OR, please call your surgeon's office as soon as possible.
- If you develop a fever, rash, cough, cold or other illness, please call your surgeon as soon as possible; it may be necessary to postpone your surgery.

## Parking and transportation

For surgery at the **Day Surgery Center**, you can park for free in the covered Visitor Garage and go to **Entrance 3**.

For surgery in the **Main OR**, you can park for free in the Busse Garage and go to **Entrance 2**. There are canopied areas in front of both entrances if you need to be dropped off while someone parks your car. Free valet parking is also available between 6 am–6 pm at Entrance 2 of the North Pavilion. *View the campus map at the end of this document.*

An NCH Courtesy Van is available Mon–Fri, 6:30 am–5:30 pm, if you are traveling to or from the hospital campus for medical reasons—call 847.618.6480. The fee is \$5 cash and the boundaries are Route 22 to the north, Cook/DuPage line to the south, Route 59 to the west and I-294 to the east.

## What to bring with you to your surgery:

- Your insurance card
- A written referral from your doctor
- A pre-certification number from your health plan
- Your copayment (Visa, MasterCard and Discover Card are accepted)
- A list of current medications and allergies
- Glasses or contact lens case
- Any post-operative equipment if instructed by your surgeon (such as crutches, walker or orthopedic boot)

## Pain management

At NCH, we are committed to helping prevent or control any post-surgical pain. Your physician or nurse will work with you to develop a pain management plan. Please ask us for pain relief when any pain first begins.

- Your surgeon may decide to give you a single shot of pain medication before surgery next to the nerve closest to your surgical area. This is called a single-shot peripheral nerve block (PNB). This medication will numb the nerve and block the pain.
- For other procedures, your physician may request that a continuous peripheral nerve block (CPNB) be placed before surgery to help manage pain that you may have after surgery. A catheter is placed under your skin next to the nerve by your surgical area. After surgery, the catheter is connected to a pump filled with a numbing medication. You will be able to adjust the pump to deliver more medication for extra pain relief when needed.

**After surgery**

You will be taken into the post-anesthesia care unit (PACU). You'll receive constant care from a post-anesthesia care nurse. While you're coming out of surgery, your surgeon may call or visit your family or friends to let them know how you're doing.

As the anesthesia wears off, you'll wake up in the brightly lit PACU. Noises may seem louder than normal. You may have blurry vision, a dry mouth, chills or nausea. A nurse will check your dressing and blood pressure often. You may have an IV or other tubes used for drainage. Your surgery site may hurt or burn, so ask your nurse for pain medication if you need it.

For health and safety reasons, you will not be allowed to drive yourself home following your surgery. Therefore, please make arrangements for someone to drive you home. It is also strongly advised that you arrange to have someone stay with you for 24 hours following your surgery.

A courtesy van is available 7 am–5 pm if you are traveling to or from the hospital campus for medical reasons—call 847.618.6480. The fee is \$5 cash and the boundaries are Route 22 to the north, Cook/DuPage line to the south, Route 59 to the west and I-294 to the east.

**Follow-up care**

A responsible adult will need to stay with you for at least 24 hours following your surgery. You and your family member will be given written instructions prior to going home. Most patients are sent home with prescriptions that need to be filled. You may want to discuss the option of pre-filling your prescriptions with your doctor.

- Make sure you drink plenty of fluids and rest at home. It is a good idea to have the following foods on hand: clear liquids, soup, crackers, toast, gelatin and juice.
- We will call you after your surgery to see how you are doing.
- You should not drive a car for 24 hours after receiving anesthesia or sedation.
- Do not consume alcohol for 24 hours after surgery or drive while taking pain medications that make you drowsy.

**Home care**

Depending upon the type of surgery you have, you may require home health care for a few days or weeks. Northwest Community Hospital has been a leader in providing outstanding home health care services since 1969. We provide one-on-one home care with 24-hour patient access to registered nurses and regular physician updates. Most patients are referred through their physicians; however you may request services directly if you have difficulty leaving your home and require intermittent and skilled health care. For more information call 847.618.7800 or visit the Home Care section of our website under Medical Services.

**Physical therapy**

Your doctor may recommend physical rehabilitation therapy. For more information, call 847.618.3550 or visit the Physical Medicine & Rehabilitation section of our website under Medical Services. A physician's order is required to schedule an appointment. To schedule an appointment, call 847.618.3700.

For a physician referral, please call HealthConnection at **847.618.4YOU (4968)**.

**NCH Campus Map**

