Preparing for surgery at North Pointe Surgery Center

Once your surgeon has scheduled your procedure at North Pointe Surgery Center (NPSC), you should complete the Passport for our anesthesia department. It is very important to answer all questions honestly. You must inform us of all medications you are taking, any previous surgeries you’ve had, and any allergies you may have. By having the full picture of your health we will be able to customize your care during your stay with us.

Other Important Information:
- Depending on your age and medical history, you may need a few minor tests prior to surgery
- Your surgery staff will inform you if this is necessary
- Results from these tests will automatically be forwarded to your surgeon and our surgery center
- Please notify us if there are any changes in your physical condition
- The doctor may choose to postpone the surgery
- If you are having a procedure at NPSC, you must have someone accompany you to the surgery center and drive you home after the surgery. If you are having anesthesia or sedation, we recommend having someone arranged to stay with you overnight as well.
- If you use a continuous positive airway pressure (CPAP) machine to sleep at night, you will be instructed to bring your machine with you to NPSC on the day of your surgery
- After surgery, your CPAP machine may be used in the recovery room

Caring For Children

Our North Pointe Surgery Center (NPSC) staff has many years of experience in caring for children and understands the impact surgery has on the entire family. We will do everything we can to make the day of surgery easy and comfortable for our very special little patient. Every effort will be made to accommodate each of their special needs whenever possible. Please contact us well in advance of the surgical date so that together we can prepare for your child’s visit.

To make the day less stressful for you and your child, we recommend the following:
- If possible, care of any siblings should be pre-arranged
- The child having surgery will need your full attention
- Encourage your child to bring a favorite toy or blanket
- Please bring along diapers, “sippy” cup, pacifier, etc if the child uses them
- Parent/guardian shall remain in the pre-op area with the child until the time of surgery
- Parent/guardian shall not leave the facility while child is having surgery
- Parent/guardian may be with the child during the recovery process as soon as Anesthesia/PACU nurse determines it is appropriate.
The Day Before

The surgery center will call you on the business day prior to your procedure to confirm your date and time. Preparing for surgery is very important to assure your safety and the best possible experiences. We have prepared some very important information for you to follow. Please remember to review these rules and the entire Patient Information Kit prior to your appointment and call us at (717) 735-6650 with any questions.

IGNORING THESE RULES MAY CAUSE YOUR SURGERY TO BE DELAYED OR CANCELLED

If you are having anesthesia/ sedation:
- Do not eat or drink anything after midnight the night before surgery
- This includes chewing gum, lozenges, hard candy and chewing tobacco
- Do not bring valuables with you on the day of surgery
- If possible, please make arrangements for child care to allow for adequate recovery time
- You will be given an arrival time to be at the surgery, this amount of time varies depending on multiple factors but will give our staff and patients adequate time to prepare for surgery
- If you are diabetic, you must check with your medical physician as to the dose and time to take your medication prior to arriving at the center
- If you routinely take a medication that thins the blood, you must speak with your surgeon about when to stop this drug and if you need any blood tests before surgery
- If you use a continuous positive airway pressure (CPAP) machine to sleep at night, you will be instructed to bring your machine with you to NPSC on the day of your surgery
- After surgery, your CPAP machine may be used in the recovery room

If you are unable to keep your appointment for surgery or you experience a delay in your arrival to NPSC, please call us as soon as possible at 717.735.6650.

The Day of Surgery

The day of your procedure can be rather stressful. The information in this selection is meant to help reduce the stress. Be sure to use this as a checklist prior to leaving home on the morning of your surgery.

- Bring a list of any medications and any inhalers you currently use
• If you routinely take heart or blood pressure medication, you will be advised by the pre-anesthesia nurses what medications you may take the morning of surgery with a sip of water

• Bring your insurance identification cards, driver’s license, completed forms and any copayments with you for the admitting process

• Make sure you have a ride home and someone to care for you at home. They will be asked to remain in the building while you are in surgery

• Wear comfortable, loose fitting clothing and simple shoes to make getting dressed after your surgery easy

• Please leave all jewelry and valuables at home. All jewelry worn to NPSC must be removed including any body piercing

• Please bring appropriate cases for your eyeglasses, contact lenses, and/or dentures. You will be asked to remove these before surgery

• If your child is having surgery, we recommend a favorite bottle or “sippy” cup. You may also bring a favorite toy or blanket to help comfort him/her during recovery

Coffee and tea is available in the waiting room for those who are waiting for patients. There is also a vending machine in the lobby across from the elevators. Wireless internet is available throughout the North Pointe Surgery Center.

After Registration

Once you have gone through the registration process and signed all the forms, a pre-op nurse will escort you to the pre-op area. There are many steps that will occur in the pre-op stage and we want you to be familiar with every step prior to your arrival.

• You will then be asked to change into a patient gown
• The pre-op nurse will take your blood pressure, temperature, pulse, and respirations
• The pre-op nurse will also review your daily medications with you
• You will have an IV started and your belongings will be placed in a locker until discharge
• Your anesthesiologist, surgeon, and operating room nurse will visit you in pre-op
• Each of them will re-verify information and are available to answer any questions you may have about your surgery
• Your surgeon will ask you to assist with identifying and marking the location of your surgery

After surgery you will be taken directly to the recovery room where you will again be monitored by nurses.
Post-Op Recovery

The length of time you remain in the recovery room depends on several different factors:
- Type of procedure you have had
- Type of anesthesia you had
- Your pain level
- Your ability to tolerate fluids

You will be given something to drink and a snack during this time. Once you are fully recovered you will be taken to the post-op area where the nurse will review and you your discharge instructions.

**Please Note**
Everyone reacts differently to surgery. Rarely patients may need to be admitted to the hospital following surgery for specific medical reasons. If the need arises, be assured that this decision will be made in conjunction with anesthesia personnel and your surgeon. Should this decision need to be made you would be transferred by Manheim Township Ambulance Service to Lancaster General Hospital.

At Home
**If you are having anesthesia/ sedation:**
- You must have an adult stay with you for the first 24 hours as you may get dizzy or drowsy
- Rest and Relax- follow your surgeon’s recommendations for resuming your normal activities
- Eat a light meal when you feel hungry, heavy meals may cause nausea
- Follow your surgeon’s instructions for resuming any medications as well as pain medication that may have been prescribed. You will receive instructions specific to your surgical procedure and anesthesia in general at the time of discharge
- Do not drive, drink alcoholic beverages or operate heavy machinery or power tools for at least 24 hours after your surgery

**Please Note**
Please contact your surgeon’s office immediately if you experience any problems when you arrive home.