

PREOPERATIVE INSTRUCTIONS:

TCOM will call you 2 business days before your surgery between 2pm and 4pm to give you your surgery time. TCOM may call you sooner if the schedule is available. If your surgery is on a Monday, TCOM will call the Wednesday before. The SurgiCenter is closed on Friday, Saturday, Sunday, and holidays. If you do not hear from us, please call TCOM at (309) 662-6120, press option 7 or (800) 466-8275, press option 7.

SurgiCenter Hours are Monday –Thursday 6:30 am-5:00pm. Closed Friday, Saturday, and Sunday. TCOM is a non-smoking facility.

When TCOM calls you with your surgery time, we will review the following:

- TCOM will give you the time of your surgery. (Please do not rely on times provided by the office as they are only an estimate and not the actual time you are scheduled. Also, the time of your surgery is an estimate of what time your surgeon will be ready to begin your surgery. Unfortunately, this is sometimes unpredictable, so TCOM will do it's best to keep your surgery on schedule.)
- Time you should arrive at TCOM (Please be advised that the time you should arrive at TCOM is different than the time of your surgery. Each patient needs to be at TCOM at least one hour before their scheduled surgery. This allows the staff to prepare you for surgery.)
- Which medications to take the morning of surgery with a small sip of water at least 1 hour prior to your scheduled arrival time
- Restrictions with eating and drinking
- No children under the age of 18 are allowed back in the pre/post op area (unless it is the patient). If you have children, please make arrangements for their care.

If you are receiving sedation or anesthesia, you will need a responsible adult (age 18 or older) to drive you home and stay with you for 24 hours after surgery. The responsible adult should NOT leave in case of an emergency or medical decision needs to be made on the patient's behalf. The responsible adult will also be the one receiving the post op instructions from the Surgeon and TCOM staff. It is important that you bring someone that will be able to relay this information once you get home, due to anesthesia. If the responsible adult has to leave the waiting room, they should leave a number where they can be reached with our front desk receptionist. Any patient under the age of 18 or anyone who is legally or cognitively not able to make their own decisions, must have a responsible adult remain in the surgery center at all times.

PRE-OPERATIVE TESTING

It is a possibility that pre-operative testing will be required on patients having any type of anesthesia. The anesthesiologist may require pre-operative testing on any patient for medical reasons. Blood test, EKG and a chest x-ray may be required before surgery. **If pre-operative testing is needed, it is important that you get the tests done at least 1 week prior to your scheduled surgery to prevent any chance of cancellation or re-scheduling.**

PRE-OPERATIVE INSTRUCTIONS

- Please bring your insurance card and photo ID or driver's license. If the patient is a minor, we will need the insurance card, photo ID or driver's license for the guarantor/responsible party.
- Female patients may need to provide a urine specimen upon arrival to the SurgiCenter
- If you have a walker or crutches, please bring them with you as well, if applicable.
- Please refrain from smoking day of procedure
- If you develop a cold, flu, fever, or have any cuts, sores or abrasions at operative site please notify TCOM nursing staff immediately upon arrival.

MAC – MONITORED ANESTHESIA CARE, IV CONSCIOUS SEDATION, IV BLOCK, NERVE BLOCK AND/OR GENERAL ANESTHESIA

- Same day surgery patients must have someone to drive them home. You should not drive a car for 24 hours following your surgery. It is not acceptable to take a taxi home.
- A waiting area is provided for the family member or friend accompanying you. One person may wait with you prior to your surgery and during the post-operative time. A child having surgery may have both parents with him/her during this time.
- You will be instructed on diet and drinking restrictions when TCOM calls with your surgery time.
- Do not take your morning medication unless your surgeon or anesthesiologist has instructed you to do so. In that case, take them with a small sip of water at least 1 hour prior to your scheduled arrival time.
- Please wear glasses instead of contacts.
- Do not drink any alcoholic beverages for 24 hours before or after your surgery.
- Wear comfortable clothes, something easy to get on and off your operative area. Do not bring any valuables. Do not wear make-up, particularly mascara, the morning of your surgery. You should shower or bathe the evening before or the morning of surgery with an antibacterial soap (for example, dial or safeguard). You may bring loose fitting shorts to wear under the patient gown if appropriate, provided they have no metal (buttons or zippers).

NERVE BLOCKS

- If you are having specific orthopedic or podiatric surgery, then your surgeon may order a nerve block before or after your surgery to limit pain in the post-operative period. While it may not be 100 % effective, it can greatly lessen post-operative pain.
- Your anesthesiologist will use a nerve stimulator or ultrasound to locate the appropriate nerve and will then inject numbing medicine. You will have light sedation during the block procedure. Your surgeon and/or anesthesiologist will explain this again in more detail on the day of your surgery. Your surgeon, anesthesiologist, and TCOM staff will be available to answer any questions.

INSTRUCTIONS FOR POST SURGICAL RECOVERY CARE PATIENTS (PATIENTS WHO SPEND THE NIGHT AT BROMENN COMFORT AND CARE SUITES):

- Visiting hours for recovery care center patients are 7:00 am to 11:00pm. At 5 pm, the front door will be locked. Please press the intercom button to alert the staff you are here.
- The day of surgery, check in at the main TCOM front desk.
- Bring your home medications with you the day of surgery in the original bottle / container with the original labels from the pharmacy. You will be taking your home medications while staying at the recovery care center.
- You may have an overnight guest stay with you. There is a chair that pulls out to a sleeper.
- You are welcome to bring your own slippers and toiletries, if desired.
- The Recovery Care Center is a no smoking facility.
- Upon discharge, specific discharge instructions will be given to you. Please follow or call with questions.
- Pain control will be discussed. If a prescription is ordered per your physician, it will be called in to the pharmacy of your choice, unless a handwritten prescription is required.
- You will need a responsible adult to drive you home when you are discharged from the recovery care center.

DURING YOUR STAY

We believe in excellent care! Please share with our nurses any special requests or needs to help provide you with outstanding care. We will review the discharge instructions with you before you are discharged and provide you a copy. Thank you for trusting and giving the surgery center team the opportunity to care for you!

POST- OPERATIVE INSTRUCTIONS

- Upon discharge specific discharge instructions were reviewed with you and your care giver. Please follow or call with questions.
- Following sedation or anesthesia, you are considered under the influence of drugs for 24

hours. DO NOT drive, operate machinery, drink alcohol or make any important decisions during this time.

- If you have a regional block, it will take several hours for your limb to feel normal sensations. Protect your extremity during that time and use safety measures when at home.
- Drink plenty of fluids and progress slowly to your regular diet.
- Take all pain medication with some food to prevent upset stomach.
- Rest at home under supervision of an adult, limiting your activity to what is comfortable for 24 hours
- If you were prescribed pain medications, to avoid physical dependence, take the smallest amount to achieve a tolerable pain level and for the shortest amount of time as possible. Please keep in a safe place away from children. Never share these medications with others and never take other people's medications.

WHERE TO CALL WITH QUESTIONS AFTER SURGERY

First, call your surgeon's office. If unable to reach your doctor, then call one of the following:

- Call the SurgiCenter at (309) 662-6120, open 7:00 a.m. to 5:00 p.m., Monday through Thursday. After hours and on Fridays or the weekend, phone your surgeon's office to talk to their answering service. You will have received this number upon discharge from the SurgiCenter.
- **At The Center for Outpatient Medicine, we are dedicated to providing the highest quality of care. Your comfort, well-being, and returning to normal activity are our primary concerns.**
- **All patients having surgery at The Center for Outpatient Medicine will receive a post-operative wellness check via text and email from OMP to see how your recovery is going and a patient satisfaction survey from Press Ganey via email or mail. Overnight stay patients will receive a survey for the SurgiCenter and a separate survey for the Recovery Care Center**
- **We welcome your comments. These comments assist us in providing you with the highest quality surgical care available at the lowest possible cost.**

Thank you again for choosing The Center for Outpatient Medicine!

The Center for Outpatient Medicine

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