

THE CENTER FOR OUTPATIENT MEDICINE, LLC (TCOM)

► **TCOM will call you the day 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 Friday before. The SurgiCenter is closed on weekends 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 –Friday 6:30 am-5:00pm. Closed Saturday and Sunday. TCOM is a no 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**
- **Instructions on BroMenn Comfort and Care Suites, if applicable**
- **Further instructions, if applicable**
- **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. A health care facility is not an appropriate place for children.**
- **Cell phones for patients and responsible parties need to either be off or on silent**
- **It is extremely important to follow the instructions you are given or your surgery may be cancelled.**

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 Physician and TCOM staff. It is important that you bring someone that will be able to relay this information once you get home, due to the fact you may not remember 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.

If you are not receiving sedation or anesthesia, but are having an injection in your spine or one of your lower extremities, you will need someone to drive you home due to the possibility of having numbness or weakness in your lower extremities.

PRE – OPERATIVE TESTING

It is a possibility that pre-operative testing will be required on patients having general anesthesia, monitored anesthesia care (MAC) and regional anesthesia, such as an ankle block, IV block, or axillary block. 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 necessary, someone will call you to set up an appointment. Please allow half an hour for the pre-operative testing appointment. Pre-operative instructions for your surgery will be given at the same appointment.

If no pre-operative testing is required, then TCOM will call you between 2 p.m. and 4 p.m. the day before the surgery to give you your pre-operative instructions and the time of your surgery. If you do not hear from us please call TCOM at (309) 662-6120, press option 7 or (800) 466-8275, press option 7.

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.

LOCAL ANESTHESIA OR DIGITAL BLOCK

- If you are not receiving sedation, you may eat a light breakfast or lunch.
- 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

- Depending on your surgery, you will be instructed to arrive 1 – 1 ½ hours before surgery.
- Same day surgery patients must have someone to drive them home. You must also have a responsible person to stay with you the rest of the day of surgery and also during the night. 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. Two persons 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 you call for 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.
- If you develop a cold, flu, fever, or have any cuts, sores or abrasions at operative site please notify TCOM nursing staff immediately.
- Remove all nail polish from fingers and toes.
- You should wear glasses instead of contacts.
- Do not drink any alcoholic beverages for 24 hours before or after your surgery.
- You should wear comfortable clothes, something easy to get on and off your operative area. Do not bring money or jewelry. 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).
- Please re-read these instructions prior to the day of your surgery.
- **Please understand that if you do not follow the instructions or if your physical condition changes, your surgery may be cancelled. Also understand that if you are sick (fever, cold, flu, or infection) the day before or the morning of surgery, you are to call TCOM nursing staff at (309) 662-6120, press option 7.**

NERVE BLOCKS

- *If you are having specific orthopedic or podiatric procedures, then your surgeon may order a nerve block before or after you 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.*

POST – OPERATIVE INSTRUCTIONS FOR SAME DAY PROCEDURES

- Upon discharge specific discharge instructions will be given to you. 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
- 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 hand written prescription is required.

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 Bromenn Comfort and Care Suites entrance (Northeast Entrance)
- 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 hand written prescription is required.
- You will need a responsible adult to drive you home when you are discharged from the recovery care center.

WHERE TO CALL WITH QUESTIONS AFTER SURGERY

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

If you had outpatient surgery and were discharged home: Call the SurgiCenter at (309) 662-6120, open 7:00 a.m. to 5:00 p.m., Monday through Friday. At night and on weekends, phone your physician's office to talk to their answering service. You will have received this number upon discharge from the SurgiCenter.

If you had surgery and were discharged from the overnight Recovery Care Center (BroMenn Comfort and Care Suites): Call the Recovery Care Center at 309-662-6120, press option 2, open twenty four hours a day/seven days a week UNLESS THE FACILITY HAS NO PATIENTS. IN THIS CASE, YOUR CALL WILL BE FORWARDED TO THE SURGICENTER WHERE SOMEONE WILL ASSIST YOU.

- *At The Center for Outpatient Medicine, we are dedicated to providing the highest quality of care. Your comfort, well-being and return to normal activity are our primary concerns.*
- *All patients having surgery at The Center for Outpatient Medicine will receive a post-operative follow-up call from a nurse and a patient satisfaction survey several days after their surgery.*
- *We welcome your comments. These comments assist us in providing you the highest quality surgical care available at the lowest possible cost.*

YOUR SAFETY IS OUR PRIORITY

HERE ARE SOME OF THE WAYS WE ENSURE YOUR SAFETY:

PRIOR TO THE DAY OF SURGERY

- We ask that you go to our website www.tcomllc.com and click "Online Patient Registration". This will connect you to One Medical Passport. This website guides you to enter your medical history online to help us to provide you with the best possible care and minimize long phone interviews and paperwork. First time users will select the green Register button and create an account. Returning users (for changes or reuse) will enter the username and password to access or update their account. Answer the questions on each page and click save and continue. Once complete, you will be prompted to click Finish to securely submit your information.
- Each page has a Help link you may click for assistance. If you are unable to complete online pre admission, please call 309-662-6120 during business hours for a phone interview.

THE DAY OF SURGERY

- We ask that you review all the information on your consent before signing it. If you have any questions, please ask.
- Your surgeon will mark your surgical site with their initials using one of our markers or place a green bracelet on your wrist to identify your surgical site. Please make sure you agree with your surgeon. Always speak up if you disagree. We will ask you to make sure your identification bracelet is correct. If it is not correct, please notify us. We will make it correct.
- We will ask you to verify your allergies and then we will place a red band on you. Please make sure that your allergies are correct.
- During the admission process, the nurses/doctors may ask you the same questions up to four times. Do not be alarmed, this is how we make sure everything is correct.
- To ensure correct identity, we will ask your name, birth date, the surgery to be performed, and the location on your body of the surgery. We will check your identification bracelet when you tell us this information. Do not be alarmed if your doctor asks you this information, this is how he/she makes sure everything is correct.
- Before your surgery begins in the operating room, the staff will take a short time-out to once again verify that you are the correct patient and that they are getting ready to do the correct surgery on the correct body part.
- If your surgery requires sedation or anesthesia, your responsible adult is required to be present during discharge instructions, as you may not remember the important information. A written copy will also be sent home with you.
- If you receive sedation or anesthesia, you must have a responsible adult stay with you for 24 hours.
- If you have any concerns about your safety throughout your stay, please let someone know. You may contact our Quality Nurse Coordinator at (309) 662-6120, ext. 307.
- IT IS VERY IMPORTANT THAT YOU ASK IF YOU HAVE ANY QUESTIONS.