

Welcome.



We are pleased you have chosen Lake Ridge Ambulatory Surgery Center for your surgery.

Our goal is to provide you with excellent care and make you as comfortable as possible during your visit. The following is designed to help you prepare for surgery.

If you have any questions, please feel free to contact us at **703-357-9568**.



Please refer to this flyer for important recommendations and information. It's our pleasure to care for you.



PRE-SURGERY PREPARATION

You will be contacted 7 to 10 days before surgery by our Pre-Op Nurse to review your medical history and home medications. Important information will also be provided to ensure you are prepared for your surgery and to receive anesthesia. The nurse will be happy to discuss any questions or concerns you may have at this time. This important call enables us to prepare to provide you safe, quality care and an excellent experience for your time with us.

Pre-Operative Testing

To ensure you have a safe surgical experience, pre-operative testing may need to be performed prior to your surgery date. The type of testing done is dependent on your age, the procedure, and your medical history; and may include lab work, EKG and radiology testing, etc. Your surgeon may ask you to visit your primary care physician or specialist for workup and to obtain a medical/pre-operative clearance.

In Case of Cancellation

If you develop a cold, fever, persistent cough or infection, become ill within 48 hours of your surgery, or need to cancel surgery for any reason, please call your surgeon immediately.

Preparation for Surgery

Please do not eat or drink anything after midnight the night before your surgery. Failure to follow these instructions could increase the risk of complications and lead to cancellation of your surgery.

The Pre-Op Nurse will instruct you regarding medications to take the morning of your surgery.

Please check with your surgeon regarding the need to stop anti-coagulant, aspirin, cholesterol and psychiatric medications.

To reduce bacteria on your skin and decrease your chances of infection:

- Bathe or shower on the day of your procedure.
- Do not apply lotion, perfume, cologne or hair care products.
- Do not wear makeup, jewelry (including body piercings), watches, earrings or rings.
- Do not wear contact lenses. If you wear eyeglasses, please bring your case.

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Convenience. Comfort. Quality. That's what we're all about.



AFTER SURGERY

After surgery, you will be taken to the recovery room, also known as the Post-Anesthesia Care Unit (PACU). You will be monitored until most of the anesthesia has worn off, approximately 30 minutes to one hour.

Pain Management

Although some pain can be expected as your body responds to surgery, your nurse and physician will work with you to medically manage your pain. Each patient experiences pain differently so it is important to let your nurse know about any pain you have.

Discharge Instructions

When you are ready for discharge, a nurse will review the instructions specific to your surgery and anesthesia type. A written copy will be provided. Please ask any questions you may have prior to your discharge.

Going Home

You will be escorted to the main entrance via wheelchair where a family member or friend must pick you up. For your safety, you may not use public transportation or taxi service (including Uber, Lyft, etc.). Plan to have a responsible adult stay home with you for at least 24 hours after your surgery.



PATIENT CHECKLIST

Prior to Surgery

- ✓ Complete medical history interview with Pre-Op Nurse.
- ✓ Complete any necessary testing and medical clearance documents.

The Day Before Surgery

- ✓ Verify arrangements for a responsible adult to drive you home and stay with you for the first 24 hours after surgery. Nothing to eat or drink after midnight, unless instructed to do so.

Please Remember to Bring

- ✓ Driver's license or other current, legal photo ID
- ✓ Insurance card(s)
- ✓ Insurance co-pay (cash or credit card)
- ✓ List of home medications with dosage and frequency

In case of inclement weather,
or if you have questions prior
to the day of surgery, please call
703-357-9568.

After discharge, we respectfully request that you complete the patient satisfaction survey that will be emailed to you. Your feedback is important to us!



It's our pleasure to care for you.

Upon your arrival on campus, please use the non-emergency entrance on the side of the building. Proceed to the 2nd floor and turn right at the end of the hall. The Center will be the first door on your left, Suite 204.



LAKE RIDGE

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