

What to expect when you're having SURGERY

C-Med Ambulatory Surgery Center is designed exclusively for outpatient surgery. Therefore, we are able to offer patients a convenient, comfortable, and generally less costly alternative to the hospital. The center specializes in neck and back procedures for pain relief.

The Center's warm surroundings and the increased level of individual attention, from our staff, minimize the stress often associated with surgery.

The Center has a highly skilled team of registered nurses and medical technicians specially trained in surgical and recovery care. The center is Medicare certified and fully accredited by the Accreditation Association for Ambulatory Healthcare, Inc. (AAAHC)

Some of the services the center provides include:

- Steroid Injections
- Radiofrequency Nerve Ablation (RF)
- Minimally Invasive Discectomy (disc removal)
- Various Nerve Blocks
- Diagnostic Procedures

These and other procedures are performed with the use of Fluoroscopy (a form of X-Ray) for guidance.

BEFORE SURGERY

A nurse will attempt to contact you prior to your day of surgery and will:

- Answer any questions that you may have
- Confirm your arrival time
- Review your health status
- Review instructions specific to your needs and treatment plan

A staff member from the Business Office will attempt to contact you prior to the day of surgery to discuss your insurance coverage and make arrangements for payment of your patient financial responsibility. If you are not contacted and would like to verify your financial responsibility, please call (727)-797-7463 ext. 5188.

In addition to these calls, you may receive an automated call to confirm your appointment at C-Med.

If a surgery center nurse has not contacted you prior to the afternoon before your surgery, please call (727) 724-5653 to confirm your arrival time and receive your specific pre-surgical instructions.

PRE-PROCEDURE INSTRUCTIONS

- DO NOT eat or drink for 8 hours prior to your scheduled arrival time
- Bring a list of medications that you are currently taking, include dose and schedule (You may bring medication bottles with you)
- You may be asked by the nurse to take specific prescribed medications the morning of your procedure with a small sip of water.
- You **must** have a responsible adult accompany you home. **You will not be allowed to drive a vehicle.**
- Check with your physician for instructions if you are taking aspirin, nsoids, or other blood thinning medications. You **may** be instructed to stop taking these for a while prior to your procedure.
- Notify your physician if you develop a fever, are taking antibiotics, or have other changes in health prior to your procedure.
- Due to the use of Fluoroscopy and Anesthesia medications, you may be asked to provide a urine specimen on admission for pregnancy testing.

- Bathe or shower the morning of your procedure to minimize the risk of infection. Do not apply lotions or moisturizers. You may be asked to remove nail polish.
- Wear loose and comfortable clothes.
- Leave all jewelry and valuables at home. Remove body piercings.
- You may be asked to remove contact lens, so please bring a case with you. If you wear glasses, bring a case if you have one.
- Bring all of your insurance cards and a photo ID with you on the day of the procedure.

DAY OF SURGERY

- Please arrive at C-Med promptly. The nurse will verify the arrival time prior to the procedure, usually the afternoon before. Occasionally the schedule may change. The surgery center will make every attempt to notify you of changes that may affect your arrival time.
- You will be expected to pay your patient financial responsibility at check in, unless you have made previous payment arrangements with the Business Office by calling (727) 797-7463 x 5188.
- Upon admission you will be asked to provide additional health history and have a brief physical exam. An anesthesia provider will speak with you to discuss services that you will be receiving, and answer any questions that you may have.
- You will need to provide the nurse with your current medication information.
- An IV catheter will be placed for the administration of medication.

AFTER SURGERY

POST-PROCEDURE INSTRUCTIONS

- You will not be allowed to operate a vehicle or power equipment, drink alcohol, or sign legal documents for 24 hours.
- You may experience a slight increase in discomfort after the procedure that will improve over the next 24 -48 hours.
- You will be instructed on how and when to resume your previous medications, as well as instructions on newly prescribed medications if applicable.
- Your activities may be restricted for a period of time.
- You will receive a discharge instruction sheet to take home with you.

HOME AFTER SURGERY

We will attempt to reach you after surgery to:

- Evaluate your recovery progress and level of pain.
- Answer any questions you may have.

Our goal is to provide a comfortable, convenient, cost effective alternative for your outpatient care. We welcome your suggestions.