

# Your Surgery Passport



**Wellstar**



## Welcome to Wellstar

At Wellstar Vinings Health Park, our entire surgical team is here to support you.

To make things a little easier, we created this “passport” with important information about surgery at our facility. In this guide, you’ll find maps, directions, parking instructions, and what to expect on the day of your surgery. Please keep this guide with you throughout your experience.

If you have any questions, please call (470) 956-0435.

### Wellstar Vinings Health Park

4441 Atlanta Rd SE, Suite 302 | Smyrna, GA 30080

The Outpatient Surgery Center is located on the third floor of Wellstar Vinings Health Park.

## Getting Started

Please bring this passport and any paperwork from your physician's office with you the day of surgery. Be sure to follow these instructions and those received from your healthcare provider.

- Name: \_\_\_\_\_
- Surgeon: \_\_\_\_\_
- Date of Surgery: \_\_\_\_\_
- Arrival Time: \_\_\_\_\_

Your arrival time is the time you should check in at the Outpatient Surgery Center.

### Staying on Track

Our team will help the surgical process go smoothly, before, during and after your procedure. After your physician schedules your surgery, you will be contacted by:

- **Pre-Registration** – A team member will contact you to confirm demographics, benefits and to discuss financial information.
- **Pre-Admission Testing and Teaching (PATT)** – Either through a PATT appointment or phone call, a nurse will ask questions about your medical history and medications. They will also cover important information you will need for your surgery.
- **Courtesy Confirmation** – A phone call may be made to you the business day before your scheduled procedure. During the call, we will confirm your arrival time, tentative scheduled time for your procedure (which is subject to change), driving directions and parking instructions.

If you do not receive a call or if you have questions about your arrival time, please contact us at (470) 956-0435 between the hours of 8 am and 4:30 pm.

- **Discharge Follow-Up** – A team member will call you the day after your surgery to monitor your progress, ask about your experience and answer any questions you may have since discharge.



## Directions & Parking Information

### Wellstar Vinings Health Park

4441 Atlanta Rd SE, Suite 302 | Smyrna, GA 30080

The Outpatient Surgery Center is located on the third floor of Wellstar Vinings Health Park.

### From East/West Connector

- Take East/West Connector SE which becomes Cumberland Pkwy SE.
- Turn right on Atlanta Rd SE.
- Wellstar Vinings Health Park is on the left at the first light.

### From I-285

- Take Exit 16, South Atlanta Rd.
- Turn on South Atlanta Rd towards Marietta.
- Wellstar Vinings Health Park is on the right.

### Parking & More

- Parking is free and is located at the front of Wellstar Vinings Health Park.
- After parking, enter through Wellstar Vinings Health Park's main entrance and take the elevator to the third floor. The Outpatient Surgery Center is located on the right.

# Preparing for Surgery

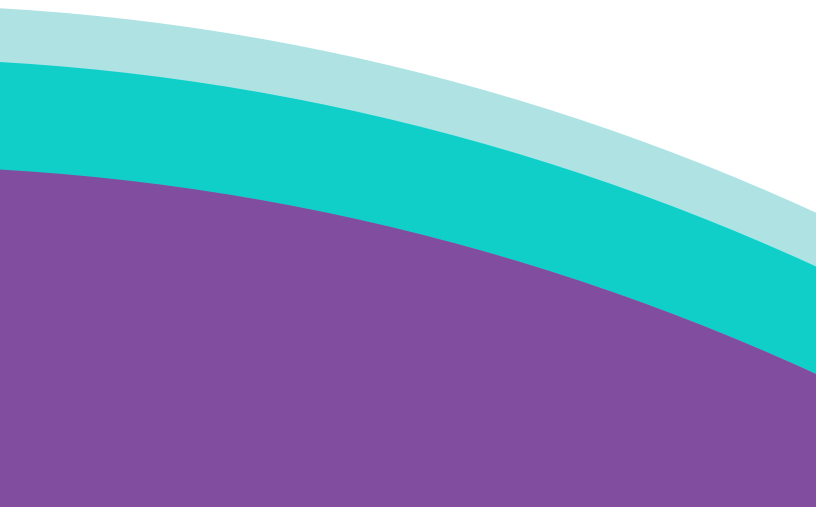
## **Special Instructions**

You will be provided with special instructions to prepare you for your surgery, such as dietary restrictions or laboratory tests.

## **Pre-Admission Testing and Treatment (PATT)**

Your pre-admission appointment will either be over the phone or a face-to-face meeting, depending on your age, procedure and how long since your last surgery. During your PATT meeting, a nurse will perform a detailed clinical interview and educate you about your procedure.

Please bring a list of the prescription and over-the-counter you take, noting their strengths and doses. Be prepared to discuss your medical history, or have a family member with you who can answer questions about your medical history. An accurate medical history helps ensure you are prepared for surgery.



# Medications

Please bring your prescription and over-the-counter medications, vitamins and dietary supplements. Unless otherwise instructed by your PATT nurse, continue to take your medications as directed. You may take medications with a sip of water up to two hours before your surgery.

## Diabetic medications

Most diabetic medications are not given day of surgery, unless otherwise instructed by your doctor or PATT nurse.

## Blood-thinning medications

Blood-thinning medications affect clotting and bleeding. Both the healthcare provider who manages these medications and your surgeon will need to decide if your medications should change.

## Some examples of generic and brand name

### medications that affect clotting and bleeding are:

warfarin (Coumadin™, Jantoven™); clopidogrel (Plavix™); prasugrel (Effient™); ticagrelor (Brilinta™); ticlopidine (Ticlid™); cilostazol (Pletal™); dabigatran (Pradaxa™); rivaroxaban (Xarelto™); Apixaban (Eliquis™); heparin, enoxaparin (Lovenox™); dalteparin (Fragmin™); fondaparinux (Arixtra™); Aggrenox™; aspirin, aspirin-containing products; nonsteroidal anti-inflammatory medications, such as ibuprofen (Advil™, Motrin™) or naproxen (Aleve™, Naprosyn™).

Contact the healthcare provider who manages these medications about whether you should stop taking them before the procedure, and if so, for how long. After the procedure, the same healthcare provider and your surgeon will decide when you should restart these medications.

## Nitroglycerin

If needed the day of surgery, take as prescribed and notify your anesthesiologist when you arrive.

## All medication patches

Remove 48 hours before surgery.

## Diuretics

Do not take on the day of surgery.

## Beta blocker (with or without diuretic)

Must be taken within 24 hours prior to your surgery.

## Weight loss

Prescription and over-the-counter medications should be stopped five days before your procedure.

## Day Before Surgery

Notify your surgeon if there is a change in your physical condition, such as a cold, fever, infection, nausea, vomiting or diarrhea.

- **Parent or Guardian** – Patients under 18 years of age require a parent or guardian present to sign legal documents. Surgery will be rescheduled if a minor patient arrives without a parent or guardian.
- **Children** – Children may bring special items to comfort them, if needed. If your child is nursing, please notify the nurse when you arrive. Pack a diaper bag with regular items, such as a pacifier, bottle, sippy cup and diapers.
- **Responsible Adult** – For surgery requiring anesthesia, an adult must accompany you. Whether they are a family member or friend, this responsible adult must be immediately available to speak with your physician during or after surgery, and able to escort you upon discharge. They must also be able to understand and sign your discharge instructions, and drive you home after surgery.

You cannot drive for 24 hours after receiving anesthesia.

**Your procedure will be rescheduled if someone is not available to drive you home.**

# Day Before Surgery Continued

## Visitors

Visitors are allowed in the waiting room. If time permits, up to two visitors at a time are welcome in the pre-operative areas.

## Activities

You and your visitors can bring activities, such as a book, laptop, phone or tablet. Wi-Fi is available.

## Valuables

All jewelry and body piercings should be removed before arriving on the day of your surgery. Wellstar is not responsible for your valuables.

## Hygiene

Bathe or shower the night before and the morning of your surgery with an antibacterial soap, such as Hibiclens or Dial. You may brush your teeth, but do not swallow any water or toothpaste. Patients should not shave on the day of surgery. Do not wear cologne, perfume, lotion or powders. Remove all colored fingernail and toenail polish, except clear.

## Makeup

Do not wear any makeup to the surgery center. Small particles of makeup – especially mascara – can get into your eyes during surgery.

## Clothing

Wear loose-fitting clothes and low heel shoes the day of your surgery.

## Glasses

Since you may be asked to read and sign legal documents, it's important to wear your glasses and bring a case to store them during the procedure. Do not wear contacts.



# Day of Surgery

## Registration

After you check in at the Outpatient Surgery Center, a registration representative will meet with you shortly.

## Pre-Operative


You will change into a gown before your procedure. You may request a warming blanket, if needed. Please store your clothes and non-valuables in the bag provided. Your family will be responsible for this bag while you are in the procedural department. Please remove all jewelry and use the restroom at this time.

An intravenous line (IV) will be placed in one of the veins of your arm or hand to maintain your body fluid balance. The IV will remain in place temporarily and will be removed before you are discharged.

All patients over the age of 18 will receive a mouthwash to swish and spit before surgery to help prevent post-procedure respiratory infection. Do not swallow the mouthwash.

## On-Site Testing

If your physician has ordered additional diagnostic or laboratory tests, they will be conducted at this time. Women may be asked to provide a urine sample for a pregnancy test.



## **Safety Questions**

A clinician will check your vital signs and ask you a few preliminary questions. An identification band with your name and patient number will be placed on your wrist. Your name, date of birth, and the planned procedure will be reviewed with you many times before your surgery. Our surgical team knows who you are, but these are safety checks to ensure the best in patient safety and quality.

## **Anesthesia**

All patients who receive monitored, regional or general anesthesia are examined by an anesthesiologist. Anesthesia is the medicine used to put you to sleep so you feel no pain during your surgery.

It's important to let your anesthesiologist know if you, or any family members, have ever had problems with anesthesia in the past. This includes a history of post-op nausea and vomiting, very high fever after surgery or anesthesia, or delayed awakening.

Unless you require emergency surgery, you should know which type of anesthesia you are going to have in advance.

## **Deep Vein Thrombosis**

All patients are screened during the admission process for potential health risk factors, including blood clots. Alert your nurse or physician if you have a history of blood clots.

## **Operating Room**

The operating room (OR) nurse will check your identification band and consent form. When you enter the OR, both your name and the planned procedure will be reviewed again. You will be assisted from the stretcher to the OR bed. Because the temperature and humidity are kept low, you may find the OR rather cool. You will be given medicine through your IV that will make you sleepy.

Throughout the procedure, the anesthesia team will closely monitor your vital signs.

## **Recovery**

New anesthesia options allow for rapid recovery in the post-operation setting. After surgery, our team will check your vital signs and the surgical dressing. Depending on your surgery, when you are able, you may be offered something to drink or a popsicle.

If you use a CPAP/BiPAP machine, please bring it with you so it may be used in recovery.

## **Discharge**

You will spend approximately one to two hours in the recovery area, depending on the type of procedure and how quickly you are recovering. This allows a safe opportunity for you to travel home to begin your recovery. At this time, you may still have some discomfort or feel sleepy. This is normal.

## **Special Instructions for Home Care**

Information will be given to you regarding the CLEAR Lungs Program and deep vein thrombosis prevention. Reading and following these instructions helps prevent complications after surgery.

## **Prescriptions**

A prescription may be required after your surgery. In many cases, your prescription can be filled at a Wellstar pharmacy within the hospital or health park.

If you receive your prescription in advance, please have it filled prior to your surgery.



# At-Home After Surgery

## Nausea

It is not unusual to feel nauseous after anesthesia. Drinking clear liquids may help ease this feeling.

## Dizziness

Anesthesia and pain medication may make you dizzy. This is normal, and can last up to 24 hours. For this reason, someone should assist you for at least 24 hours after your procedure.

## Pain

Pain medication may not relieve your pain fully, but will make it manageable. Please follow your physician's medication instructions.

## WARNING SIGNS AFTER SURGERY

Call your surgeon right away if you have:

- Inability to urinate within eight hours of surgical procedure
- A fever of 101 degrees or higher
- Any blood or drainage from your incision after the first 24 hours
- Redness at the incision area
- A bad odor coming from the incision
- Severe pain in or around the incision

## Follow-Up Appointment

You most likely will be scheduled for a follow-up appointment with your surgeon. It's important to keep this appointment, even if you are healing well and feel okay.



**Wellstar Vinings Health Park  
Outpatient Surgery Center  
A Division of Wellstar Cobb Hospital**

4441 Atlanta Rd SE, Suite 302  
Smyrna, GA 30080

The Outpatient Surgery Center is located on the third floor of Wellstar Vinings Health Park.

**Front Desk**

(470) 956-0430

**Pre-Admission Testing and Teaching (PATT)**

(470) 956-0430



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