



Fredericksburg Ambulatory Surgery Center

A MEMBER OF THE MARY WASHINGTON HEALTHCARE FAMILY

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WELCOME TO THE FREDERICKSBURG AMBULATORY SURGERY CENTER

Thank you for considering Fredericksburg Ambulatory Surgery Center (FASC) for your same day surgery. Please read the following information carefully. This will ensure your visit here is as pleasant as possible.

Although your stay with us is only for a few hours, you receive the same high level of care you would as an inpatient in our hospital. Our state-of-the-art facility offers a private setting for an array of outpatient needs and comfortably serves adults and children alike.

Our experienced surgeons and anesthesiologists are specially trained in outpatient procedures. Most also practice at Mary Washington Hospital. At FASC, our highly skilled surgical nurses and clinical staff support these doctors.

From our courteous receptionists to the last person you see as you leave FASC, you will get the best possible care. We are also very concerned about patients after they go home. We make a follow-up call to you the next business day to see how you are doing.

FASC is accredited by the Accreditation Association of Ambulatory Healthcare. We are part of the Mary Washington Healthcare family of services.

PRE-OPERATIVE HEALTH SCREENING

All surgical patients are required to have a health history screening by FASC. A registered nurse will call you within a week of your surgery to complete a pre-operative nurse phone interview. Our nurses initiate this process, so there is no need for you call us. Please have your current medication list (prescription and over the counter), allergies, medical history and surgical history ready so we may expedite your phone interview. During the interview, the nurse will discuss pre-operative instructions and when to stop eating and drinking prior to surgery.

Copies of these documents are also provided in the envelope you received at the surgeon's office. It is important to review these to ensure you have all pertinent information needed to prepare for surgery. We want this process to be as smooth as possible for you.

A Registered Nurse will assist you with completion of the pre-operative interview and provide an opportunity to address any questions that you may have about our process. Office hours are Monday through Friday, 8:00 a.m. to 4:30 p.m.

The nurse will forward your chart to a highly skilled anesthesiologist for review. After reviewing your medical history, the anesthesiologist may ask you to come to the facility for a pre-anesthesia assessment. Your safety is our primary concern. You may be required to have additional pre-operative testing.



Fredericksburg Ambulatory Surgery Center BEFORE SURGERY

If your surgeon orders laboratory tests or x-rays, these should be completed as soon as possible prior to your scheduled surgery. As your surgery date nears, let the surgeon know if you develop any sign of illness such as a cold, sore throat, fever or rash. Here are some additional things you must avoid or do differently before surgery:

- Do not smoke within 24 hours of your surgery. Smoking affects your circulatory system and can cause serious problems when undergoing surgery.
- Do not eat solid food after midnight the night before surgery. You may have clear liquids such as water, apple juice, brewed tea or black coffee, up to 2 hours prior to arrival. Nothing in your mouth within 2 hours of arrival to FASC. This includes gum or candy. You may brush your teeth and rinse your mouth with water.
- If you are taking any medication, please follow the instructions given by your surgeon regarding any changes made to your medication schedule and on your health screening instructions. If there is a contradiction between the two please let us know. If the surgeon stopped your anticoagulant, please consult the prescribing doctor to make sure that is okay with them.

For patients having local anesthesia, your physician will give you detailed pre-surgery instructions to follow.

All patients who receive sedation or anesthesia must arrange to have a responsible adult to drive you home. If you travel by taxi, you must have a responsible adult with you to accompany you home.

FINANCIAL INFORMATION

Notice of Financial Interest for Fredericksburg Ambulatory Surgery Center, LLC.

Physicians and Anesthesiologist who provide care at Fredericksburg Ambulatory Surgery Center (FASC) may maintain an ownership/investment interest in the center. Services provided at FASC may be available from other providers/suppliers in the community. This notice is provided in compliance with the Centers for Medicare and Medicaid Services (CMS) Conditions of Participation regulations effective on May 18, 2009. Fredericksburg Ambulatory Surgery Center is a for profit organization.

FASC accepts most major insurance plans. Our charges cover standard facility and supply charges. Standard fees do not include implants, extraordinary pharmaceuticals, professional fees or pre-surgical testing such as laboratory or x-ray fees. Anesthesia providers bill separately from FASC.

Most medical insurance covers ambulatory surgery but check with your plan to be certain. FASC will bill your insurance plan directly for your convenience.

Patients without insurance are asked to make payment in full the day of surgery, unless other arrangements have been made. Payment is accepted in the form of cash, check, Visa or Mastercard.



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THE DAY OF SURGERY

It is very important to follow the guidelines provided on when to stop eating and drinking anything prior to your surgery. For your safety, your surgery will be cancelled if not followed.

For your further comfort and security, we also strongly recommend the following:

- Wear loose fitting clothing that can be folded for storage. You will be given a gown and slipper socks to wear for surgery.
- For your safety, do not wear makeup, lotions or ointments.
- Please follow instructions given by the surgeon on whether nail polish will be permitted during surgery. Nail polish can mask important changes in your skin color as you undergo surgery.
- Leave all jewelry and any valuables at home. Remove any body piercing and wigs for the surgery.
- Bring a case to keep your contacts or glasses if you wear them. You will not be permitted to keep contact lenses in your eyes.

When you arrive, the receptionist will greet you at the front desk and check you in for surgery. Bring any pertinent information with you that you have not already given us. ***Co-pays are to be paid on the day of service.***

Soon after arriving, you and your family/friend will be brought to a holding area to prepare you for surgery. We will review your paperwork and medical history. Please inform us of any privacy concerns prior to discussion. You will meet your care team while we get you ready. The nurse can also answer any questions you may have about FASC.

Your accompanying adult may remain in the waiting area or come with you to the holding area. ***For patients under 18 years old, a parent or legal guardian must remain in the facility for the full course of the child's stay.***

Please have no more than one person accompany you on the day of surgery. If you have children other than your child in surgery or you have children and are accompanying an adult, please make child care arrangements for them for the time that you are here. This is for their safety and comfort as well as that of our other patients. There are times when children cannot accompany you and they cannot be left unattended.

Finally, always ask your surgeon any specific questions about your surgery.



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ANESTHESIA AND DISCHARGE

The anesthesiologist visits you in your holding room before surgery. At this time your anesthesia needs are evaluated, and your anesthesiologist discusses types of anesthesia, pain control, and will answer any questions that you may have.

After surgery, you will go directly to the recovery room (Stage I) from the operating room or to the discharge area (Stage II), depending on the type of anesthesia given for surgery. Once it has been determined that you are ready for discharge, you will be taken to the discharge area and offered a drink and light snack. Your family member or friend will join you at this time. The nurse will go over your discharge instructions and answer any questions prior to leaving for home. Your family member or friend will then be instructed to bring the car around to our private discharge area.

For your safety, you must have a responsible adult drive you home from our FASC. ***If you do not have a responsible adult to drive you home, your surgery will be cancelled.*** The only exception is for patients who have local anesthesia without sedation. These patients can drive themselves home, but only with their surgeon's permission.

On rare occasions a surgeon or anesthesiologist may recommend an overnight stay in the hospital after your procedure. If this happens, you will be admitted to Mary Washington Hospital on our Medical Campus. This possibility is unlikely, but please keep this in mind when making your plans.

CHILDREN HAVING SURGERY

The pre-operative process is the same for children as adults. If you wish, we can arrange an orientation to the facility to help calm your child's anxiety.

Only the child's parents can stay with the children the holding room before surgery. This is because of space limitations as we prepare your child for surgery. Scary procedures such as IV placement will be done in the OR, after they drift off to sleep. We want to minimize anxiety and provide the best possible experience.

After surgery, your child will be brought to stage I recovery and monitored by a registered nurse with special training in pediatrics. Parents are welcome to join their child again as soon as the child is aware of his or her surroundings and is taken to stage II recovery. We have separate recovery rooms for our young patients' comfort. Our goal is to reunite you as quickly as possible.

We understand how distressing surgery can be to our young patients. Your child is welcome to bring a favorite toy or blanket from home if it helps comfort him or her. Children must show they can orally hydrate prior to discharge, so please feel free to bring that special sippy cup to aid in this trial. We give our little patients lots of TLC while they are in our care. And we know how distressing their surgery can be for parents, too. Our reassuring staff is happy to help you with any concerns you may have about your child's care at FASC.

It is highly recommended you bring along another adult to drive you and your child home after your child's surgery. Driving while caring for a child at the same time may prove too stressful and dangerous.



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PAIN MANAGEMENT

As a patient you can expect:

- Your reports of pain will be believed.
- Pain can be expected after surgery. Our goal is to make the pain tolerable.
- The staff will continue to work with you to treat your pain until it is managed.

COMMUNICATION WITH YOUR CARE TEAM IS ESSENTIAL.

As a patient we expect that you:

- Inform your doctor or nurse if you have a history of alcohol or drug abuse. This may impact your pain management plan.
- Inform the staff how much pain or discomfort you have and how your treatment is working. Our goal is to make your pain tolerable.
- Ask for pain relief when the pain first begins. Pain can be much easier controlled if treated when symptoms first begin. Inform your doctor or nurse of any concerns you have regarding taking pain medications.

FOLLOWING SURGERY

Your surgeon will give you specific instructions about your activities, medications, diet and follow-up visits after surgery. For 24 hours after surgery, do not drive, operate hazardous machinery, make any important personal or business decisions, or drink alcoholic beverages unless your surgeon has advised you otherwise. Recovery will give your instructions verbally to your family and will send them home on paper.

You may not see your surgeon after surgery or if you do you may forget. A common side effect of the medication's anesthesia give is being unable to remember until the medication clears your body. The surgeon will speak to your family either on the phone or in person after surgeon. It is a good idea to write down any questions you might have.

After you are discharged, we would greatly appreciate your taking a few moments to complete a brief questionnaire about the care you received at FASC. It will be mailed or emailed to you shortly after the day of your surgery. It is a very valuable way for us to make daily assessments of the care we give to our patients. Postage is pre-paid so all you need to do is drop it in the mail when it is complete.

You will receive a follow-up call from us the next business day. Although you are with us for just a few hours, we still care a great deal about you. We want to know how you are recovering after surgery at FASC. If you have any medical complications or problems after your surgery, please call your surgeon or call 911 if it is an emergency. Do not wait for our call. Contact your surgeon immediately.

If you have any questions or would like more information about FASC please call (540) 741-7000 any weekday or ask your surgeon about FASC.



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SIGN UP FOR MyChart

Mary Washington Healthcare is now using Epic, a new electronic medical record. We are encouraging everyone to sign up for a MyChart account. This will give you the ability to manage your healthcare. Wouldn't it be nice to log on and have access to your test results? You may access this by computer or our app on your phone. Go to MyChart.mwhc.com or download the app. Choose Sign Up Now, then choose Sign up Online. You can sign up without an activation code. Follow the prompts and you are ready to go. If you need assistance, call our MyChart patient support line at (540) 741-1404.