

INFORMATION FOR PATIENT:

DATE OF SURGERY

TIME OF SURGERY

ARRIVAL TIME

SPECIAL INSTRUCTIONS:



THE  
AMBULATORY  
SURGICAL  
UNIT

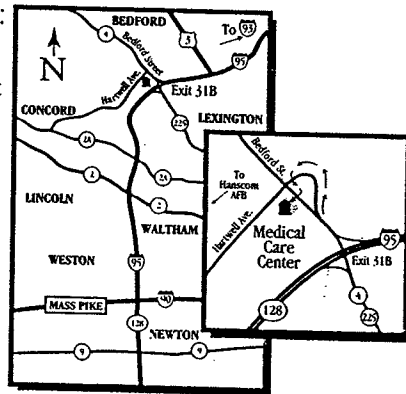
DIRECTIONS TO THE  
MEDICAL CARE CENTER

FROM THE NORTH:

Take Route 128 South and get off at Exit 31B (Routes 4 and 225). Proceed approximately one-half mile and bear right into the jug-handle turn. Take a left at the light and enter the parking lot on the right.

FROM THE SOUTH:

Take Route 128 north and get off at Exit 31B (Routes 4 and 225). Proceed approximately one-half mile and bear right into the jug-handle turn. Take a left at the light and enter the parking lot on the right.



MEDICAL CARE CENTER



Beth Israel Deaconess Medical Center  
& Children's Hospital



482 Bedford Street  
Lexington, Massachusetts

*Welcome to the Ambulatory Surgical Unit at the Beth Israel Deaconess Medical Center and Children's Hospital Medical Care Center. Staff in the Unit want to make sure that your visit is a comfortable and positive one. We have produced this information to help you prepare for and better understand your surgery. If you have any questions, please call the center at (781) 672-2300.*



## BEFORE YOUR SURGERY

### SCHEDULING PRESURGICAL TESTS

You may be required to undergo certain tests before the day of surgery to provide important information that will be helpful to your doctors. These tests may include blood tests, an electrocardiogram (EKG), and a chest x-ray. Tests should be completed at least two days before your surgery so the results are available to physicians before your appointment. If your results are not available, your surgery may have to be postponed.

Your doctor should let you know where you can have these tests performed. If you have any questions about where you should go for these tests, please call the staff at the Medical Care Center at (781) 672-2300.

### TAKING MEDICATION

Your doctor will give you instructions about whether you should take medication before surgery. Please be sure to tell your doctor about any prescription medication you are taking. It is also important to let your doctor know about any over-the-counter drugs including pain or cold medication that you may be taking.

### ARRANGING FOR TRANSPORTATION

You should arrange for a family member or friend to drive you or accompany you home in a taxi after your surgery. This is important because anesthesia often has a lingering effect on the body. For your safety, the center will not permit any surgical patient to leave the facility alone. If the person who accompanies you home is not able or does not wish to remain at the center throughout your procedure, the center can contact him or her when your surgery is complete. All patients under the age of 18 must have a parent remain on the premises until discharged.

### ADULTS EATING AND DRINKING BEFORE SURGERY

Please do not eat anything (including candy, life savers, and gum) or drink anything (including water) later than midnight on the night immediately before your surgery appointment. In addition, you should not take prescription medications after 10 p.m., unless ordered by your doctor. If you smoke, please refrain from smoking after midnight the night before your appointment. You may brush your teeth and rinse out your mouth. Prior to surgery, our pre-operative staff will contact you regarding specific eating and drinking instructions for both children and adults and to review your medical history and other specific instructions.

## SPECIAL INFORMATION ABOUT CHILDREN AND SURGERY

Surgery can be a frightening experience for a child and a stressful time for parents. To help you and your child better understand the procedure and become more familiar with the equipment, staff, and facility, the Medical Care Center offers



tours of the Ambulatory Surgical Unit. Please call (781) 672-2300 to arrange a date for you and your child to tour the facility prior to surgery. It is often comforting for a child to bring a favorite toy, stuffed animal, or blanket to the Medical Care Center. You should encourage your child to bring such an item to the appointment.

### CHANGING OR CANCELING YOUR APPOINTMENT

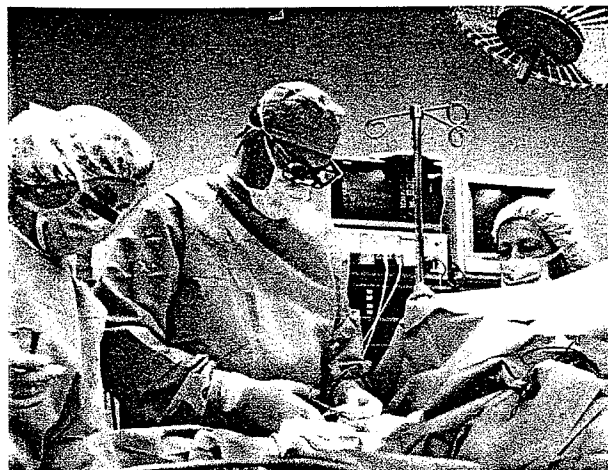
If you need to reschedule or cancel your procedure, please call your doctor and the staff at the center as soon as possible. In addition, you should notify your doctor immediately if you think that you may be pregnant or if you have a cold, fever, or other illness. In certain cases, your surgery may need to be canceled or rescheduled.

### YOUR SURGERY

#### WHAT TO BRING, WHAT TO WEAR, WHAT TO DO

You should wear comfortable, loose-fitting clothes, and leave any valuables, including jewelry and watches, at home. Please do not wear contact lenses, make-up, or nail polish to the appointment.

You should plan to arrive promptly at the time listed at the end of this brochure. When you arrive, please report to the reception desk in the Ambulatory Surgery Unit, where you will be registered. A nurse



from the Ambulatory Surgical Unit will be there to answer questions you may have and help with any preparations.

### ANESTHESIA

Anesthesia services are provided by members of Beth Israel and Children's hospitals' anesthesia staffs, a group of highly qualified anesthesiologists and nurse anesthetists. They will be happy to answer any questions you may have. You should inform the anesthesiologist about any medications you are taking, including over-the-counter drugs. The type of anesthesia you receive will depend on the type of surgery you are having, and your surgeon and anesthesiologist will discuss the options and the process with you. There are three types of anesthesia: *local anesthesia*, which numbs the specific area involved; *conscious sedation or monitored anesthesia care*, which relieves pain during the procedure and relaxes you without putting you to sleep; and *general anesthesia*, which puts you to sleep throughout the surgery.

### RECOVERY

Immediately after your surgery, you will be taken to a recovery area, where your blood pressure and pulse will be closely monitored by specially trained nurses. Once you are awake and alert, you will move

to the adjacent step-down area where you can sit and relax before going home. The amount of time you spend in recovery depends on the type of surgery and anesthesia you have had.

## AFTER SURGERY

### THE FIRST 24 HOURS

Your doctor or nurse will give you specific post-operative instructions before you leave the Medical Care Center. You should be aware that the effects of anesthesia can linger as long as 24 hours after surgery, so it is a good idea to have an adult remain with you during this time. In the first 24 hours after surgery you should avoid taking a shower, climbing stairs by yourself, drinking alcoholic beverages, driving, operating machinery or power tools, or making significant decisions. You may drink liquids and eat lightly the first day after surgery.

A member of the Ambulatory Surgical Unit staff will call you the day after your surgery to see how you feel, answer questions, and address any concerns you may have.

### POST-SURGERY SYMPTOMS

Depending on the type of procedure you have, you may experience some soreness, discomfort, nausea, or fatigue, which should subside a few days after surgery. If you experience more serious symptoms, you should call your doctor immediately. These symptoms include difficulty breathing; excessive, persistent nausea or vomiting for more than an hour; fever or chills; unusual swelling or pain; or any complications that your doctor may have discussed with you.

If you are unable to reach your doctor after office hours, please call the Beth Israel Deaconess Medical Center Emergency Unit at (617) 667-3337 or Children's Hospital Emergency Services at (617) 355-6611 for instructions, or go to the nearest hospital emergency room.

## FINANCIAL AGREEMENTS

The charge for your surgery at the Medical Care Center includes the cost of nursing personnel and other staff, medications you receive, materials and supplies you use, and the time you spend in the operating and recovery rooms. You will receive a separate bill from your surgeon, anesthesia group, and any other professional services that are related to your surgery, such as radiology or pathology services.

Health insurance generally covers most outpatient surgical procedures. It is important that you bring with you on the day of surgery the appropriate insurance paperwork, which may include insurance identification cards, claim forms, and prior approval numbers.

Please make prior arrangements with your insurance company regarding your surgery. If your insurance does not cover your procedure or if you do not have insurance, please call the center to discuss possible arrangements. If you have any questions about insurance coverage or payment, please call the center at (781) 672-2300.

