

# OUTPATIENT SURGICAL PREP

INFORMATION TO HELP YOU PREPARE  
FOR YOUR VISIT



Welcome!

## 1-2 WEEKS PRIOR TO YOUR SURGERY

### YOUR PHYSICIAN'S OFFICE

- Provides pre /post-operative instructions.
- To cancel or **change your appointment**, please notify your surgeon's office directly.
- Notify your physician if your health changes significantly.

### REMEMBER TO

- Fill and pick up any prescriptions, if ordered by physician.
- Follow your physician's directions regarding medication, supplements, or over-the-counter drugs prior to surgery. (e.g. NSAIDS, aspirin, heart medications, etc.)
- To help with healing, STOP smoking as early as possible before your surgery.
- If your situation involves guardianship, please call us at 231-392-8900.

### CRSC BUSINESS OFFICE

- Will verify your insurance coverage.
- Will determine your financial responsibility, if any.
- Will notify you IF a payment will be due on the day of surgery.
- If you have questions about your insurance coverage or financial responsibility, please contact the Insurance Verification Office at 231-392-8908.

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## 1-2 WEEKS PRIOR TO YOUR SURGERY (CONT.)

### CRSC PREADMISSION TESTING

- Depending on your procedure, we may call you to gather pre-registration information about your medical and anesthesia history and will order any tests that may be required.

\*\*Note: you may not receive a call—not all procedures require one.

### ARRANGE FOR TRANSPORTATION

- **Make arrangements** for an adult driver (18 years old with a valid driver's license) that can stay and safely transport you home. A taxi, Uber, or shuttle is not acceptable unless you are accompanied by a responsible adult.
- For your safety, we recommend an adult companion remain with you for 24 hours after your surgery.

## 24 HOURS BEFORE SURGERY

### ARRIVAL TIME

- The day prior to your surgery, you will be contacted with your arrival time.
- If your physician's office provided you with an arrival time, you will NOT receive a call from CRSC.

### REMEMBER

- Follow all pre-op instructions from your physician, especially EATING & DRINKING instructions. If you have questions, please call your physician's office directly.
- Do not drink alcohol for 24 hours prior to your procedure.

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## ON THE DAY OF YOUR SURGERY

### ✓ REMEMBER

- Follow eating and drinking instructions provided by your physician.
- Do not wear contact lenses, make-up, acrylic nails, or scented products (essential oils, perfume, lotions).
- Leave valuables and jewelry at home.
- Wear comfortable, loose-fitting clothing.
- A public Wi-Fi and café are available in the lobby while your driver waits.
- An adult driver must remain at CRSC for the length of your stay.  
Due to limited room space, please limit your support people to two (2) companions.  
We recommend not bringing small children with you.
- We respectfully request no video recording or photography while at CRSC.

### ✓ PLEASE BRING

- Insurance card and photo identification.
- A current Medication and Allergy list—include dose and frequency.
- Payment, if required.
- Heart and /or blood pressure medications in their original containers.
- Inhaler or CPAP machine.
- Medical device I.D. (pacemaker or defibrillator).
- Remote programmer, if you have an implanted electrical stimulation device.
- Advance Directive, if you have one.
- Legally executed guardianship papers, if applicable.

### ✓ REGISTRATION

- Your information will be verified, and you will be asked to sign a consent for us to treat you.
- Payment will be collected, if due.
- Your questions will be answered.

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## YOUR SURGERY AND RECOVERY

### PRE-OP

- Registered nurses remain with you during your pre-op, surgery, and recovery to provide for your needs and answer any questions.
- Depending on the type of anesthesia required, an Anesthesiologist may ask about your medical history, review your plan of care, and answer your questions.
- Your physician will meet with you to review for plan of care and mark your surgical site.

### LOBBY / WAITING

- When pre-op is complete, your driver will be directed to the lobby where they will be asked to remain during your procedure.
- There is a café, vending, and public Wi-Fi available.
- There is a monitor in the lobby to check your location throughout your stay.
- The front desk is available for any questions.

### SURGERY

- You will be escorted to the operating room by a Registered Nurse. Here you will meet the rest of your surgical care team.

### RECOVERY / POST-OP

- Your physician will speak to your companion to review the surgery; you may opt out of this.
- Your vital signs are monitored by nursing staff who will address your physical and medical needs.
- You will be offered a beverage and snack. If you have special dietary needs (e.g. gluten free), please bring your snack with you.
- A Registered Nurse will review discharge instructions and medications with you and your companion and answer any questions.
- When you are cleared for discharge, your driver will be asked to pick you up at the patient discharge area. For your safety, you will be brought to your vehicle in a wheelchair.
- For your safety, we recommend that someone stay with you after your surgery for 24 hours.

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## 24 - 72 HOURS AFTER SURGERY

### FOLLOW UP

- On the next business day following your surgery, you will receive a brief automated follow up call to assess your recovery and provide assistance if needed. Please complete this call in its entirety.
- You may receive a satisfaction survey via e-mail. Your feedback is valuable to us and we ask that you please submit the survey at your earliest convenience.

### REMEMBER

- Follow your discharge instructions carefully, taking medications as directed.

### EMERGENCY CONTACT

- If nausea, drowsiness, dizziness, or headache persist, or if you experience unexpected pain, severe bleeding, difficulty breathing, or a fever of 101 degrees or greater, call your physician's office or go to the nearest emergency room. Call 911 if you have an emergency.
- To contact your physician AFTER HOURS, have she/he paged by calling their office phone number.