

## **Important Surgical Instructions**

**VERY IMPORTANT INSTRUCTIONS THAT NEED TO BE DONE BEFORE SURGERY!**

Please go to the appropriate facility web site or call to complete the pre-operative medical information.

**Loudoun Hospital- A representative from Hospital will call to schedule pre-op appointment or call pre-op screening unit to schedule pre-op appointment.**

**Loudoun Surgery Center- www.loudounsc.com**

**Reston surgery Center-www.restonsurgerycenter.com**

**Reston Hospital- Please call pre-op screening unit to schedule pre-op appointment.**

***Post-op Prescriptions will be sent to pharmacy on file in patients chart unless another pharmacy is given. You may pick the prescriptions up after 5pm the night before surgery.***

**Next please go to Drsilvaent.com website.**

**Click on the tab on the right hand side that says Learning Center.**

**First you will then see PDF files click on the facility that you will be having surgery at. This will give you directions to the facility and instructions.**

**Second click on the PDF files for your procedure(s) that will be performed for post-op instruction sheets.**

**Third your post-op prescriptions will be e-prescribed to the pharmacy that you provided us with. If you require pain medication due to Virginia Federal Laws narcotics are no longer allowed to be faxed or called in, you **MUST** pick up the prescription and take it to the pharmacy.**

**If you do not here from facility by 3:30 pm the day before surgery please call the office.**

**VERY IMPORTANT INSTRUCTIONS THAT NEED TO BE DONE BEFORE SURGERY!**

# Reston Surgery Center

## Surgical Procedures Pre-Op Instructions

### Please Keep This Form For Your Use & Reference

1. Do **NOT** eat or drink anything after midnight, unless instructed by Physician otherwise.
2. Do **NOT** chew gum, eat hard candy or smoke the morning of surgery.
3. As a General Rule, always follow your Physicians Instructions first.
4. If you normally take heart or blood pressure medicine in the morning, **TAKE** them with a sip of water the day of your procedure.
5. Do **NOT** take diuretics that cause you to go to the bathroom frequently.
6. You may shower, shampoo your hair and brush your teeth. **Please do not wear cosmetics, eye make-up, lotions, fragrances, jewelry or valuables of any type.** If you are having surgery on your hand or foot, please remove any nail polish from these areas. **Please leave your valuables at home and remove any and all body piercings prior to your arrival at our facility. Bring only your insurance card and your photo ID.** If you are a contact lens wearer, you may be asked to remove them prior to your procedure, so please bring your solution, storage case, and glasses with you.
7. It is **imperative** that you have a ride home and someone stay with you for 24 hours following your procedure. You may not go home in a cab or on public transportation. Please plan on having your driver remain with you for the entire procedure if at all possible. A parent or legal guardian must remain in the facility at all times when children under the age of 18 are undergoing procedures at the facility. Some physicians may not perform your procedure if you do not have a responsible adult present for the procedure due to possible legal issues. It is **illegal** for you to drive after sedation.
8. Bring anything you may need for your surgery: eye kits, crutches, and any radiology studies (X-Rays, MRI, CT scan). For children: please bring extra diapers, clean baby bottle, sippy cup, favorite blanket, toy or stuffed animal. If you have someone to be responsible for your items during your procedure, you may bring personal items to help occupy you during your waiting time.
9. Please arrive at our Center 1½ hour prior to your SCHEDULED procedure time, unless your physician has instructed you otherwise. Some physicians prefer patients to arrive 2 hours prior to their scheduled procedure in case surgery cases are moving faster than anticipated. Bring any papers you may have received from your Doctor's office, your Informed Consent, copies of Living Wills, Powers of Attorney, Advanced Directives (if needed for medical treatment of the patient), your insurance card, and a photo ID. If you have reading glasses, bring them with you.
10. The surgery schedule can have changes in start times up to the afternoon prior to your surgery. It is imperative that you give us a phone number where you can be reached the afternoon before your surgery. **Please check your messages the evening before your surgery for any changes to your arrival time.** Please rely on the time that the preop screening nurse gave for your arrival; schedules may change from what you were told when your surgery was initially scheduled.

**\*\* Preop Screening Phone Numbers: 703-639-3100 ext. 216 or 247 \*\***

## *Reston Surgery Center*

### **PATIENT INFORMATION**

**PRE-OP:**

The Pre-op Screening Nurse will call you 1 to 2 days prior to your surgery to review your health history. The following information may be helpful to you for planning purposes.

**EKG:**

Required for patients 50 years of age or older within the last 12 months.

**Blood Work:**

Please check with your physician regarding any required blood work.

**Medications:**

Patients may take their own medications with a sip of water as early as possible on the date of surgery. **History of asthma - Please bring inhaler.**

**Exceptions:**

No single agent diuretics.

No oral diabetic agents.

No vitamins or herbs.

Hold insulin unless otherwise instructed by PCP.

**NPO Instructions:**

Nothing by mouth after midnight.

May brush teeth but do not swallow water.

No chewing gum or hard candy.

**If Necessary:**

May have no more than 6 oz. of clear liquid up until 6 hrs prior to surgery.

**Day of Surgery:**

Arrive 1 ½ Hours prior to surgery time unless otherwise instructed.

**Bring photo ID, Insurance Card and co-payment.**

May shower.

No lotion or powder.

No makeup.

No metal clips in hair.

**No jewelry, leave all valuables at home.**

Remove nail polish on at least one finger.

Wear loose, comfortable clothing, appropriate for surgery.

Recommend patient's ride stay at Surgery Center or available within 15 minutes.

**At least one parent of minor must remain @ the Surgery Center @ all times.**

Patient's ride home **MUST** be an adult.

It is recommended that an adult stay with the patient following discharge.

Updated 1/05

## Directions To Reston Surgery Center....

Parkway Medical Tower  
1860 Town Center Drive, Suite G-100  
Reston, Virginia 20190  
Tel: (703) 639-3100 Fax: (703) 639-3139

From Dulles Toll Road (267) take  
Fairfax County Parkway (7100) exit  
North

Make a right turn on  
New Dominion Parkway – take first  
Left onto Town Center Drive

Reston Surgery Center is the first  
Building on the left, Parkway  
Medical Tower - entrance to Center  
In the rear of building

From Leesburg Pike take Fairfax  
County Parkway (7100) exit  
South

Make a left turn on  
New Dominion Parkway – take first  
left onto Town Center Drive

Reston Surgery Center is the first  
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