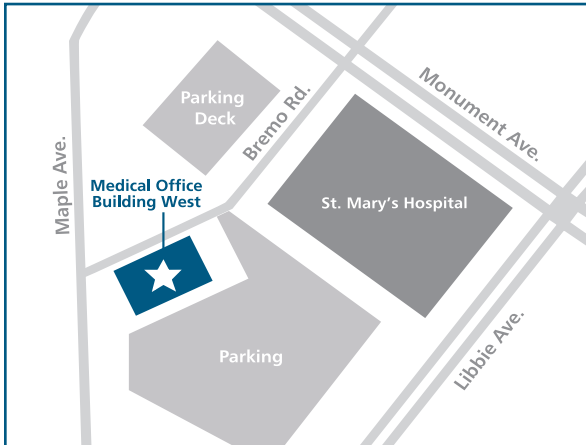


Thank you for choosing
OrthoVirginia
for your surgical needs!



OPERATORY

Pre and Post Op Information

SURGERY SCHEDULE

Day/Date _____

Arrival Time _____

Doctor _____



St. Mary's Hospital Campus

Medical Office Building West
5899 Bremo Road, Suite 204
Richmond, VA 23226

804 282 2226

orthovirginia.com

QUESTIONS FOR YOUR DOCTOR OR NURSE

Pre-Op Information

Outpatient Surgery Testing Center

Operatory personnel will contact you by telephone for your pre-operative assessment.

An anesthesiologist and registered nurse will review your medical history, records and medication information. Pre-operative testing may be required.

The pre-operative nurse will contact you one week prior to your surgery, or you may call the operatory at 804 287 2797.

Medications

You may be instructed to take certain medications the morning of your surgery with a sip of water. Please make sure you report all daily medications, including inhalers, vitamins and herbal supplements.

Eating & Drinking

DO NOT eat or drink ANYTHING after midnight prior to your surgery, **including chewing gum or candy.**

DO NOT smoke after midnight prior to your surgery.

If you have been instructed to take medication the morning of your surgery, you may do so with a sip of water.

You may brush your teeth and use mouthwash the morning of your surgery, but do not swallow.

For your safety, **failure to follow these instructions may result in cancellation of your surgery.**

Clothing

DO wear loose fitting and comfortable clothes, flat shoes and cotton underwear.

DO NOT wear or bring: false eyelashes, makeup, nail polish, contact lenses, hairpieces, hairclips or valuables. **Remove all jewelry, including piercings.**

Arrival

Operatory personnel will contact you concerning your arrival time. You must have a responsible adult accompany you to the operatory.

Please bring with you:

- Driver's license
- Insurance card
- Cash, check or credit card for insurance co-payment or deductible

Parking

Ample parking is available in the lot at the front entrance of the Medical Office Building West. You may use the designated 2-hour patient parking spaces in this lot without time limitation.

Valet service is also available at the front entrance of the Medical Office Building West, from 9:00 am to 2:00 pm, daily.

Additional parking is available in the Saint Mary's Hospital parking deck, across Bremono Road.

Prior to Surgery

Allow ample travel time, to insure that you arrive on time. Unexpected situations may cause delays. Do not plan other appointments prior to, or after your surgery. Please do not bring small children.

NOTE: There is no smoking in the operatory building.

Post-Op Information

Recovery

You will be in the recovery room until you are awake and comfortable. At that time, you will be discharged by the anesthesiologist.

You will be given prescriptions and written instructions.

Your routine medications, new prescriptions and written instructions will be reviewed with you.

Discharge

You will need a responsible adult to:

- assist you with dressing, if needed
- receive your discharge instructions
- drive you home and remain with you on the day of your surgery

After Surgery

You will be unable to drive, care for children, make important decisions or perform mechanical tasks for **at least 24 hours after surgery.**

Do not smoke or drink alcohol for 24 hours.

Have your prescriptions filled and follow your post operative instructions.

If you have questions, call your doctor's office or clinic.

If you are unable to reach your doctor, call the Operatory between 6:00 am and 5:00 pm, Monday through Friday. **For urgent problems, go to the nearest emergency room.**

Our experienced staff will call you following surgery and answer any questions you may have.

Please visit us at orthovirginia.com to complete our online satisfaction survey. Your feedback is important to us.