Thank you for choosing OrthoVirginia for your surgical needs!

OPERATORY Pre and Post Op Information

SURGERY SCHEDULE
Day/Date____________________________________
Arrival Time___________________________________
Doctor________________________________________

QUESTIONS FOR YOUR DOCTOR OR NURSE
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

OrthoVirginia
OPERATORY

St. Mary’s Hospital Campus
Medical Office Building West
5899 Bremo Road, Suite 204
Richmond, VA 23226
804 282 2226
orthovirginia.com
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 Bremo 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.