Welcome to Day Surgery at WakeMed North Healthplex

Please read this information carefully, and follow all the instructions for your scheduled procedure. If you have any questions or concerns, please do not hesitate to contact us at 919-350-1301.

Patient Registration

The entrance for Day Surgery patients is located on the Ground Floor of WakeMed North Healthplex. Parking is located directly in the front of the Day Surgery entrance, which is on the lower level facing Durant Road. It can be accessed by entering the facility from either Falls of Neuse or Durant roads. For your convenience, there are covered patient drop-off/pick-up areas at the entrance.

Upon your arrival, please check in with the receptionist in the Day Surgery Center lobby (Ground Floor).

Pre-Op Evaluation/Work Up

Prior to your scheduled surgical procedure, a Day Surgery nurse will contact you to gather some basic information about you and your health and to answer your questions. Most outpatient surgeries require pre-operative testing such as blood and urine tests. Some also require chest X-rays or EKGs (electrocardiograms). You must have these tests completed within 30 days before your surgery. You may schedule to have these tests completed at the laboratory (Ground Floor) and Imaging Services (radiology/X-ray), located on the First Floor, at WakeMed North Healthplex.

**IMPORTANT**
Do not eat or drink anything after midnight on date of surgery.
If you have any of the following, please bring a copy of the report with you on the day of surgery:
• Chest X-ray, EKG (electrocardiogram), treadmill study or cardiac catheterization within the last six months
• Lab work within the last 30 days
• Living will or Health Care Power of Attorney

Pre-op Tours for Pediatric Patients
WakeMed North Healthplex Day Surgery Center offers pre-operative tours and support to assist you in preparing your child or teenager for surgery. The tour is both educational and interactive. It is an opportunity to familiarize both you and your child with what to expect the day of surgery. We use a combination of photos, play with actual medical equipment and take a walking tour.

Visiting the Day Surgery Center before admission helps children and adolescents cope with their fears and anxieties. Brothers, sisters and other family members also are welcome. Please call 919-350-1430 to set up a tour or to obtain more information.

Before Surgery
You must follow these guidelines as you prepare for surgery:
• Arrange for an adult to accompany you to WakeMed North Healthplex, and to drive you home following your procedure. You will not be permitted to drive yourself home following anesthesia. If you plan to go home in a taxi, you must have a responsible adult accompany you.
• Arrange for an adult to stay with you at home for 24 hours after your surgery.
• Notify your surgeon if you take aspirin or blood thinners such as Coumadin, Plavix, Ticlid or Effient, and talk to your primary care physician before you stop taking any of these medications before surgery.
• Discontinue alternative medicine therapies two weeks prior to your surgery.
• Do not drink alcoholic beverages for 24 hours prior to your surgery.
• Call your doctor prior to surgery if you have a cold, flu, fever or other illness.

The night before your surgery, do not eat or drink anything between midnight and the time of your surgery, unless approved by the anesthesiologist. This includes water, juice, coffee, chewing gum, breath mints and alcohol. You may brush your teeth the morning of surgery, but do not swallow any water. It is dangerous to be sedated or put to sleep with food or liquid in your stomach.

The Day of Your Surgery
All Patients
• Bathe or shower before surgery.
• Do not take your insulin or diabetes pill.
• Unless instructed otherwise by your anesthesiologist or surgeon, you should take your heart, blood pressure, seizure, or asthma medicine with two tablespoons of water. If you are unsure about whether or not you should take your regular medications, please speak with your physician or Day Surgery nurse.
• Make sure you arrive at the Day Surgery Center at the arrival time. This is different than your surgery time, typically 1 1/2 to 2 hours in advance.
• Wear loose, comfortable clothes.
• Remove contact lenses.
• Do not wear nail polish or makeup.
• If you have asthma, bring your inhaler with you.
• Leave valuables at home, including jewelry, piercings and money. You will be asked to remove all jewelry before surgery.
For Children Having Surgery

- It can be helpful for your child to bring a security object with them, such as a pacifier, favorite stuffed animal, blanket or a special toy. Older children may want to bring a GameBoy™ or other distraction.
  If your child uses a bottle or special cup, please bring it with you for your child in the recovery room.

- An anesthesiologist will discuss your child’s plan of care with you. Most children and teenagers having surgery receive general anesthesia. This means that they will sleep very deeply during the operation. Generally, for younger children, anesthesia is given with a mask, since they tend to have a more difficult time with needles. In the operating room, your child will gently breathe in the anesthetic medicines until asleep. After your child is asleep, an IV is inserted to give fluids and any additional drugs. For older children and teenagers, the IV is started in the pre-op area and the anesthesia is given through the IV once in the operating room. We have different forms of numbing medicine to help when getting the IV started.

- Please be sure to make alternative plans for brothers and sisters. Outpatient surgery can be stressful for parents and children. We recommend you bring only the child who is having surgery to the Day Surgery Center. This will allow you to direct your full attention to him or her.

- If it is necessary to bring other children, please be sure another adult accompanies you to stay with the children in the reception area, allowing one or both parents to stay with the patient in the Recovery Room.

After Surgery

Your nurse will provide you with verbal and written instructions for home. An adult must be available to drive you home. During the 24 hours after your surgery, a responsible adult should stay with you. Please do not stay alone. A nurse will attempt to call you on the next business day after surgery to check on your progress.

- Bring a list of all medications, including dosages, that you take on a regular basis. Inform your nurse if you have taken blood thinner medications (Plavix, Heparin, Coumadin, Lovenox) within the last month prior to surgery.

- Upon registration, you will be asked for a picture ID for verification and your insurance card.

While in the pre-op area you will be allowed two visitors. We ask that children not be left unattended in the reception area.

You will be asked to sign a surgical consent prior to surgery. If the patient is a minor, a parent or legal guardian must be present to sign the consent. Proof of legal guardianship must be provided. Also, prior to surgery, your anesthesiologist will meet with you in the pre-operative waiting area to discuss your plan of care.

As part of our ongoing efforts to ensure the utmost safety for our patients, you may be asked the same questions by more than one caregiver. The staff responsible for your care will verify who you are, what kind of surgery you are having, and the part of your body on which surgery is to be performed. You will be asked these questions many times. Staff will also double-check what you tell them against the documents from your doctor’s office. While it might seem redundant, it is an important part of our quality assurance process.

Depending on the type of surgery you are having, you and a member of your health care team will mark the correct location on your body on which the procedure is to be performed. Site marking is a critical step to ensure your safety and preventing errors, especially if you are having surgery on one of your arms, legs, hands, fingers, eyes, ears, etc.

Just before the surgery begins, the entire surgical team will take a “time out.” During this time out, the members of the team assure that they are performing the correct procedure at the correct site and on the correct person.
You should also:

• Avoid driving for 24 hours.
• Avoid tasks that involve the use of appliances or machinery.
• Avoid alcoholic beverages.
• Avoid making critical decisions.
• Ask your doctor when you can resume your normal activities, such as work, exercise or school.

For Children:

Most children stay in the Recovery Room for 1 to 2 hours following the surgery. You will receive verbal and written discharge instructions on the care of your child at home. Most of the operations performed in Day Surgery require very little physical care other than occasional dressing changes. You will be given the telephone numbers of the surgeon and the anesthesiologist to call if you have any questions. A nurse will contact you the next business day following surgery to see how you and your child/teenager are doing.

You should also plan to have yourself or a responsible adult stay with your child or teen during the first 24 hours after the surgery.

Cancellations

Surgery may be canceled when:

• Food and drink guidelines are not followed.
• No responsible adult is available to drive you home or stay with you for 24 hours after surgery.
• There are unexpected changes in your medical condition. Please let your physician know if you have a cold, fever or other illness.
• You arrive late on the day of your surgery.

If you need to cancel your appointment for surgery, please contact your physician. If you need to cancel on the actual day of your surgery, please contact the pre-operative area at 919-350-1430.

Billing

Payment for services will be arranged at Patient Registration. If you have questions about payment, please call the Business Office at 919-350-8359 between 9 am and 6 pm, Monday through Friday. Depending on your insurance coverage, you may be asked for a deposit.

Please bring your insurance card and any claim forms required by your insurance company on the day of surgery so we can file claims related to your procedure.

Remember to contact your insurance company prior to surgery to determine if pre-certification or a second opinion is required.

You will be billed separately for anesthesiologist and surgeon fees, as well as pathologist and radiologist services if they were required.
WakeMed North Healthplex is conveniently located on the corner of Falls of Neuse and Durant roads, approximately 1.1 miles north of the I-540 interchange at the Falls of Neuse Road exit. The entrance for Day Surgery is located on the lower level, facing Durant Road. Surface parking is readily available with a covered patient drop-off and pick-up area.

For more information

For further information about Day Surgery at WakeMed North Healthplex, please visit www.wakemed.org and click on “Our Locations” at the bottom left of the page. Then click on “North Healthplex” and “Day Surgery.”

You are also welcome to call us at 919-350-1300 Monday through Friday from 9 am to 5 pm.