

# Next Journey Orthopaedics

Our goal is to make this experience as comfortable as possible. This surgery packet explains how to prepare for your surgery and what to expect.

Patient Name: \_\_\_\_\_

Surgical Procedure: \_\_\_\_\_

Date and Time of Procedure: \_\_\_\_\_

Time to Arrive at Center: \_\_\_\_\_

**\*\*PLEASE NOTE: YOUR SURGERY TIME MAY CHANGE FROM WHAT HAS BEEN SCHEDULED BY THE OFFICE  
DEPENDING ON THE CASES SCHEDULED THAT DAY AND EQUIPMENT THAT MUST BE SET UP AHEAD OF TIME.\*\***

Phone numbers you may need:

Surgery Center: (240) 483-0282

Administrator: (571) 425-5393

**Surgery Location: 6500 Rock Spring Drive #100, Bethesda MD 20817**

## Prior to Surgery

**Labs/EKG:** You may need lab work or an EKG prior to your surgery (check with your surgeon to see if this is required.) Your surgeon may do this or you may be sent to your primary care physician to have this completed. It is important that you have any test results or other test information faxed to your surgeon's office at (301) 235-1612 or the hospital at (240) 483-0282 prior to the day of your surgery.

## Preparation for Surgery

### **General, Regional, Epidural, Spinal or Local with Monitored Anesthesia Care**

Do not eat or drink eight (8) hours before surgery. If necessary, you may take your regular medications as scheduled with a sip of water. If you are taking aspirin or a non-steroidal anti-inflammatory (NSAID) (ADVIL, MOTRIN, or NAPROSYN) **PLEASE DO NOT TAKE THEM FOR 10 DAYS PRIOR TO SURGERY.** You may brush your teeth. To reduce bacteria on your skin, bathe or shower before arriving, but do not apply lotion to your skin after bathing. Do not

wear makeup or jewelry. If you wear contact lenses, we recommend that you remove them and wear your glasses. If you wear contact lenses to the Center they may have to be removed, so bring a contact lens container with you. We do not take responsibility for any jewelry, money or valuables, so leave them at home. **Bring only your photo ID, insurance card and any co-pays that are applicable.** Because you will not be able to drive for 24 hours, **AN ADULT MUST ACCOMPANY YOU AND DRIVE YOU HOME TO ENSURE YOUR SAFETY.**

## **Day of Surgery**

**Arrival:** You will need to arrive two (2) hours prior to your scheduled surgery. Free parking is available around the building or in the parking garage. Upon entering the building, proceed by elevator to the second floor. Proceed to the sign-in desk to check in.

**Preparation:** At the time of surgery, you will be escorted into the preoperative area where you will change into a gown, cap and slippers. An intravenous line will be started using a small amount of local anesthetic so that it does not hurt.

**Surgery:** When you have been prepared, and after you have seen your doctor, you will be escorted to the operating room by the anesthesia provider and the RN who will be with you during your procedure.

## **After Surgery**

**Recovery:** Following surgery, you will be taken to the Post Anesthesia Recovery Unit where you will be monitored. During this phase, you may begin to experience some discomfort.

**Pain Control:** Although some pain can be expected with any surgery, your nurse will work closely with you to provide pain control medication. You will be asked to rate your level of pain on a scale of zero (no pain) to ten (severe pain.) This helps "measure" your pain to select the most effective pain control medication.

**Final Stage of Recovery:** Once you meet discharge criteria, your IV will be removed. Someone will assist you in getting dressed. A nurse will call your ride and discuss discharge instructions over the phone. Once transportation is ready, you will be transported in a wheelchair to your ride with written discharge instructions.

**Going Home:** A staff member will accompany you to your car. Please remember that you should not drive, operate machinery, drink alcohol or make any major decisions for at least 24 hours. In addition, try to rest at least 12 hours after you get home. It is common to feel tired, dizzy, sleepy or slightly nauseated after a surgical procedure.

# Patient's Rights and Responsibilities

## RIGHTS OF THE PATIENT:

- Every patient has the right to courtesy, respect, dignity, privacy, responsiveness, and timely attention to his/her needs regardless of age, race, sex, national origin, religion, cultural, or physical handicap, personal value and beliefs.
- Every patient has the right to every consideration of his privacy and individuality as it relates to his/her social, religious and psychological well-being.
- Every patient has the right to confidentiality. Has the right to approve or refuse the release of medical information to any individual outside the facility, except in the case of transfer to another health facility, or as required by law or third party payment contract.
- Every patient has the right to express grievances or complaints without fear of reprisals.
- Every patient has the right to continuity of health care. The physician may not discontinue treatment of a patient as long as further treatment is medically indicated, without giving the patient sufficient opportunity to make alternative arrangements.
- Every patient is provided complete information regarding diagnosis, treatment and prognosis, as well as alternative treatments or procedures and the possible risk and side effects associated with treatment. If medically inadvisable to disclose to the patient such information, the information is given to a person designated by the patient or to a legally authorized individual.
- Every patient has the right to make decisions regarding the health care that is recommended by the physician. Accordingly, the patient may accept or refuse any recommended medical treatment.
- Every patient has the right to be informed of any research or experimental projects and to refuse participation without compromise to the patient's usual care.
- Every patient has the right to appropriate treatment and care to include the assessment/managements of pain.
- Every patient has the right to understand facility charges. You have the right to an explanation of all facility charges related to your health care.
- Every patient has the right to all resuscitative measures; therefore we will not honor Advance Directives.
- Every patient has the right to participate in their health care treatment and decisions.

## RESPONSIBILITIES OF THE PATIENTS:

- Patients are responsible to be honest and direct about matters that relate to them, including answering questions honestly and completely.
- Patients are responsible to provide accurate past and present medical history, present complaints. Past illnesses, hospitalizations, surgeries, existence of advance directive, medication and other pertinent data.
- Agree to accept all caregivers without regard to race, color, religion, sex, age, gender preference, or handicap, or national origin.
- Patients are responsible for assuring that the financial obligations for health care rendered are paid in a timely manner.
- Patients are responsible to sign required consents and releases as needed.
- Patients are responsible for their actions if they should refuse a treatment or procedure, or if they do not follow or understand the instructions given them by the physician or SurgCenter employees.
- Patients are responsible for keeping their procedure appointment. If they anticipate a delay or must cancel, they will notify SurgCenter as soon as possible.
- Patients are responsible for the disposition of their valuables, as SurgCenter does not assume the responsibility.
- Patients are responsible to be respectful of others, or other people's property and the property of SurgCenter.
- Patients are to observe safety and no smoking regulations.

## PATIENT COMPLAINT OR GRIEVANCE:

To report a complaint or grievance you may contact the facility Administrator by phone at 240.483.0282 or by mail to the center address.

Complaints and grievances may also be filed through: Maryland Department of Health & Mental Hygiene, Office of Health Care Quality, Bland Bryant Building, 55 Wade Avenue, Catonsville, Maryland 21228. Or by phone at 1-800-492-6005.

All Medicare beneficiaries may file a complaint or grievance with the Medicare Beneficiary Ombudsman Online at: <http://www.medicare.gov/claims-and-appeals/medicare-rights/get-help/ombudsman.html>

## Directions to SurgCenter of the Potomac, LLC

**6500 Rock Spring Drive • Suite 100  
Bethesda, MD 20817**

**Phone: 240.483.0282 • Fax: 240.483.0484**

### From Fairfax, VA:

- Merge onto I-66 East towards Washington
- Merge onto I-495 N via Exit 64B
- Keep left to take I-270 Spur N via
- Take the Democracy Blvd E Exit 1
- Stay right at the fork to merge onto Democracy Blvd
- Turn left onto Fernwood Road
- Turn right onto Rock Spring Drive

### From Fredericksburg, VA:

- Merge onto I-95 N
- Keep right toward Tysons Corner/Washington
- Merge onto I-495 N via Exit 170B toward Tysons Corner
- Keep Left to take I-270 Spur N via Exit 38
- Take the Democracy Blvd E Exit 1
- Stay right at the fork to merge onto Democracy Blvd
- Turn left onto Fernwood Road
- Turn right onto Rock Spring Drive

### From Arlington, VA:

- Merge onto I-66 W
- Merge onto VA-267 via Exit 67 towards Dulles Airport/I-495 N/Baltimore
- Merge onto I-495 N via Exit 18 toward Baltimore
- Keep left to take I-270 Spur N via Exit 38
- Take the Democracy Blvd E Exit 1
- Stay right at the fork to merge onto Democracy Blvd
- Turn left onto Fernwood Road
- Turn right onto Rock Spring Drive

### From Rockville, MD:

- Merge onto I-270 (LOCAL) S via the ramp on the left.
- Merge onto I-270 S
- Take the Rockledge Dr Exit 1
- Keep right to take Rockledge Dr ramp toward Rock Spring Drive
- Merge onto Rockledge Blvd
- Rockledge Blvd becomes Rockledge Dr
- Turn right onto Rock Spring Drive



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Suite 100  
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**Phone: 240.483.0282  
Fax: 240.483.0484**

**[www.scpotomac.com](http://www.scpotomac.com)**



## General Information

SurgCenter of the Potomac, LLC is licensed by the State of Maryland and was established by clinical personnel to offer safe, high-quality surgical care.

You will find that because the center specializes in outpatient surgery, our patients enjoy many advantages including personalized service and excellent medical care.

## Specialties

- Orthopedic
- Neurosurgery/Spine
- Podiatry
- Colorectal
- General Surgery

## Before Your Surgery

A nurse from SurgCenter of the Potomac, LLC will contact you prior to your surgery to review your health history, medications and pre-operative instructions.

Please notify your surgeon if there is a change in your physical condition such as cold, fever or respiratory problems.

***Do not eat or drink anything after midnight the night before your operation, including no hard candy or cigarettes.*** If your child is the patient, please be careful to monitor this. Also, please follow any other special instructions your surgeon may have given you. Failure to follow these instructions may result in cancellation of your surgery.

***Please be sure to tell your surgeon if you are on any type of blood thinners or aspirin.*** Please do not take any medications after midnight unless instructed by your surgeon or the nurse at our center.

**It is extremely important to arrange for a responsible adult to accompany you to SurgCenter of the Potomac, LLC and remain with you the first 24 hours after surgery.**

## Day of Surgery

Wear loose, comfortable clothing that is large enough to accommodate a bandage after surgery. Wear comfortable shoes such as slip-ons.

You will need to change into a surgical gown once in the pre-op area.

Do not wear any jewelry (including body piercing), makeup or cologne. Do not bring any valuables with you other than a photo ID and all insurance cards.

Wearing contact lenses is NOT advised. We provide containers for removable dentures and bridgework.

If your child is having surgery, feel free to bring a favorite stuffed animal or security blanket for added assurance.

## After Your Surgery

You will be discharged to your car by wheelchair. **If anesthesia has been administered, you must have a responsible adult present to drive you home and to care for you following surgery.**

Your physician will provide post-operative instructions regarding diet, rest, exercise and medications. You will be provided with a written summary of these discharge instructions.

A nurse from SurgCenter will attempt to call you the day after your surgery to check on your progress and discuss any questions you may have. If you have any unexpected problems, please call your doctor. If he/she does not respond, please go to the nearest emergency room.

## Advance Directives

- All patients have the right to participate in their own health care decisions and to make Advance Directives or to execute Powers of Attorney that authorize others to make decisions on their behalf based on the patient's expressed wishes when the patient is unable to make decisions or unable to communicate decisions. SurgCenter, respects and upholds those rights.
- However, unlike in an acute care hospital setting, SurgCenter, does not routinely perform "high risk" procedures. While no surgery is without risk, the procedures performed in this facility are considered to be of minimal risk. You will discuss the specifics of your procedure with your physician who can answer your questions as to its risk, your expected recovery, and care after your surgery.
- Therefore, it is our policy, regardless of the contents of any Advance Directive or instructions from a health care surrogate or attorney-in-fact, that if an adverse event occurs during your treatment at this facility, we will initiate resuscitative or other stabilizing measures and transfer you to an acute care hospital for further evaluation. At the acute care hospital further treatments or withdrawal of treatment measures already begun will be ordered in accordance with your wishes, Advance Directive, or health care power of Attorney. Your agreement with this facility's policy will not revoke or invalidate any current health care directive or health care power of attorney.

- If you wish to complete an Advance Directive, copies of the official State forms are available at our facility or if you wish to complete an Advance Directive, copies of official state forms are available at <https://www.oag.state.md.us/Healthpol/AdvanceDirectives.htm>

Reference: Department of Health and Human Services, Centers for Medicare and Medicaid Services, State Operations Manual, Appendix L-Guidance for Surveyors: Ambulatory Surgical Centers, March 15, 2013:416.50(c).

## Helpful Reminders

**Please limit the number of family or friends who come with you. Seating is very limited.**

If you are driving more than 30 minutes, put one or two pillows in your car so you can elevate the operative extremity.

Females will need to give a urine sample for a pregnancy test pre-operatively.

If you or your family need the services of a foreign-language or hearing impaired interpreter, please call to arrange for one at no cost to you **prior to the day of surgery.**

## Billing Information

You will be informed about any patient responsibility due for your surgery during your pre-operative call. This amount is due prior to, or on the day of your surgery. We accept cash, checks and major credit cards.

Surgcenter of the Potomac, LLC will submit your bill to your insurance company. You will receive a separate bill from your doctor, anesthesiologist and/or pathologist.

Please do not hesitate to contact our business office with any concerns or questions regarding your financial obligation and/or payment options.



**Thank you for choosing  
SurgCenter of the Potomac, LLC.  
Please don't hesitate to call  
us at 240.483.0282 should you  
have any questions.**

### DISCLOSURE OF OWNERSHIP:

Your physician has a financial interest in SurgCenter of the Potomac, LLC.