**“WHAT TO EXPECT AND WHAT TO KNOW PRIOR TO SURGERY…………”**

**INTRODUCTION**: Welcome to the Manhattan Surgery Center. We are pleased that you and your physician have chosen our facility to assist in your care. Our facility combines a comfortable and relaxed atmosphere with the latest technology. We are staffed with highly trained perioperative professionals; we have one goal in mind: to make your surgical experience as easy and pleasant as possible, while providing the highest level of care available. This brochure should help answer many of the questions you may have regarding your surgery. If you have a speciﬁc concern that is not addressed satisfactorily by the brochure, please feel free to call the Manhattan Surgery Center 212-231-7778.

**PRIOR TO YOUR SURGERY**:

* Your surgeon will discuss your surgery options with you prior to scheduling your procedure at the surgery center.
* Our staff will call you the day before surgery and give you pre-operative instructions and inform you of the time you should report to the center. This call may be in the afternoon, however if you do not hear from us by 4pm please call the center. (Please be sure to let your physician’s office know the best way to reach you by phone.)
* Make sure you gather the following items to bring with you:
  + 1. A list of your medications you take daily, including over the counter medications, herbals, dietary supplements, etc.
  + 2. Health insurance information and prescription cards.
  + 3. Identiﬁcation. (Photo Driver’s License)
  + 4. Physician orders, lab results, x-rays, or any type of medical records your physician has requested.
  + 5. Power of Attorney letter if you are legal guardian over the patient.
* Make sure that you arrange to have a family member or an adult wait for you during your surgical stay. (**At this time guests must wait for you outside the center, they will not be permitted to come into the center with you.** ***The exception to this rule is that one parent may accompany a child under 18 years old into the center***.)
* You will not be able to drive yourself home from the surgery center; you will need someone to transport/escort you.
* If you develop an illness prior to surgery such as a cold, fever, cough, shortness of breath/breathing difficulties, sore throat, headache, diarrhea, new loss of taste & smell or repeated shaking with chills, or even a rash, please notify your surgeon immediately.
* Please refrain from smoking and alcohol or recreational drug use for at least 24 hours prior to surgery. Inform your doctor if you are a recreational drug user.

**THE NIGHT BEFORE SURGERY** Please do not eat or drink anything after midnight the night before your surgery. This includes water, gum, vitamins or mints. You may have clear liquids 4 hours prior to arrival time which includes apple juice, water, Gatorade, ginger ale or sprite (absolutely no milk, orange juice, soup, hard candy or gum). This is for your own safety during anesthesia and surgery. **If you do not follow this guideline, your procedure may be cancelled and rescheduled for another day.**

Children: May have no solid foods after midnight. They may have clear liquids until 2 hours before surgery. Examples: apple juice, ginger ale, jello, or water. Babies: May have breast milk until 4 hours before surgery. May have bottle milk until 6 hours before surgery. **If you have any questions regarding these instructions, call us.**

**THE DAY OF SURGERY** remember not to eat or drink anything in the morning unless you have special instructions from the pre-operative nurse.

* Wear comfortable clothing that you can change in and out of easily and that will not bind the site of your surgery.
* Do not wear contact lenses and please leave your jewelry and other valuables at home.
* ***If you take any medication for your lungs (inhaler), heart, blood pressure, anxiety or seizures you may take that medication the morning of your surgery with a small sip of water.***
* ***Asthmatic Pediatric Patients (12 years and under) must use their nebulizer the morning of surgery prior to leaving their home.***

Please arrive at the surgery center one hour prior to your scheduled surgery time to complete your pre-operative paperwork. Persons under 18 years of age must have a parent or legal guardian with them to sign the forms.

* The surgery center staff will ask you for a brief medical history.
* A few simple lab tests may be performed at the surgery center the day of surgery if not previously completed.
* Anesthesia personnel will meet with you to discuss your anesthesia. They will explain exactly what will happen before, during, and after your surgery. They will answer any questions you have prior to proceeding to the operative suite.
* Remove all jewelry, including body piercings – do not bring them with you to the center.
* Do not wear any make up the day of surgery.

**AFTER SURGERY** you will rest in our recovery room, under the care of specially trained nurses. Your anesthesiologist will monitor and be apprised of your condition while in the recovery room until you are discharged. Our staff will answer your questions and give you post-operative instructions as ordered by your physician. You will receive a written copy of these instructions prior to discharge.

* You may be dizzy or sleepy after your surgery, even after spending time in the recovery room.
* You must have a responsible adult with you to drive/escort you home. You will not be discharged from the recovery room until you have a responsible person to accompany you home.
* Patients having only local anesthesia will be permitted to leave the center without an escort and they are permitted to drive post operatively.

**RETURNING HOME** even though you may feel ﬁne, plan to have someone stay with you through the night. Do not make important decisions, consume alcoholic beverages, or operate machinery during the 24-hour period following your surgery. Take only medications prescribed by your physicians.

* Remember the recovery process continues even after you have returned home. You may experience minor after-effects such as drowsiness, muscle aches, sore throat, and occasional dizziness or headaches. Nausea may also be present, but vomiting is less common.
* You will begin to feel better within hours, but it may take several days before after-effects are gone completely. Plan to take it easy for a few days, as the majority of patients do not feel up to their typical activities right away, usually due to general tiredness or surgical discomfort.
* Call your surgeon if you have questions about what you can and cannot do, when you can return to work and your regular activities. These items will be discussed with you when receiving your post-operative instructions, but if you are unsure, please do not hesitate to call.
* SPECIAL SUGGESTIONS FOR CHILDREN
  + If your child is having surgery, a nurse will call the day prior to surgery to discuss special feeding instructions.
  + Make sure you bring an extra set of clothes. Small children should have an adequate diaper bag.
  + Also, bring your child’s favorite toy, blanket, or bottle to help him or her feel more at ease.
  + Be prepared to stay at the surgery center until your child is discharged.
  + When it is time for the procedure, staff will accompany your child to the operating room.
  + When the procedure is completed, you will be allowed in the recovery room as soon as your child is awake.
  + Consider making arrangements for another adult to help you drive home. That way, you can focus on your child and give him or her special attention.

**YOUR BILL**: The surgery center’s facility fee includes charges for operating room and recovery room services. This does not include fees for surgeon, anesthesia, pathology, radiology, or laboratory services, which are billed separately. • After your surgery has been scheduled, if you have any billing questions, please contact the Manhattan Surgery Center billing office at 212-231-7778, press 4.

* As a courtesy to you, we will bill your insurance company. However, **you will be responsible for all deductibles, co-pays and/or co-insurance at the time services are rendered**. **You will receive a text a day or two prior to surgery with the ESTIMATED amount you will owe when you check in.**  Please contact your insurance administrator in advance if you have any questions. We will accept cash, credit cards (including Care Credit), debit payments as well as personal checks. Financing plans are available for those in need but must be made in advance.

***Thank you for choosing the Manhattan Surgery Center. We hope to “exceed” your expectations.***