



1122 Kenilworth Drive, Suite 17  
Towson, Maryland 21204  
Phone: 410-337-0022  
Fax: 410-337-0196

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The Towson Surgical Center represents the highest quality, state-of-the-art, outpatient surgical facility in the area.

## **PREPARING FOR THE DAY OF SURGERY**

**Caring, experienced, and competent doctors and nurses work as a team to provide you with individualized care.**

### **PRE-OPERATIVE TESTING**

This is generally performed one to two weeks prior to surgery. Depending on your age and current health status you will need to see your primary care doctor to obtain a pre-operative history and physical, lab work, x-rays, or EKG.

Please have your primary care doctor who conducts the required pre-operative work submit all results to the Center no later than three days prior to your surgery.

The results may be FAXED to 410-337-0196.

### **PRE-OPERATIVE PHONE CALL**

A member of the Anesthesia staff and/or the nursing staff will call a day or two before your surgery to give you detailed, individualized instructions as well as answer any questions or concerns you may have. **If you have not been contacted 48 hours before your**

**surgery**, please call the center at 410-337-0022 for specific instructions.

Do not eat or drink anything after midnight. This includes candy, water, coffee, chewing gums, mints, etc. If you eat or drink anything your surgery could be cancelled, delayed or rescheduled. The above guidelines are for general anesthesia cases. However, even if you are scheduled for local anesthesia, a change could occur. Therefore, these guidelines should be followed unless directed otherwise by your surgeon or the surgery center staff.

Take your blood pressure, heart medications with a small sip of water.

Children's procedures are usually performed before adult procedures. Pediatric patients must be accompanied by legal parent/guardian who must remain in the waiting room during the surgical procedure. Without proper legal documentation, a guardian cannot sign the permit and the surgery cannot be done.

Do not take aspirin or ibuprofen products (Advil, Motrin) for 2 weeks prior to surgery.

### **DAY OF SURGERY**

On the day of your surgery, you will be greeted by the receptionist and asked to confirm your demographic information. You will sign a form that will give the center the right to release information necessary to be able to bill and receive payment from your insurance company. If there is a deductible or co-payment due, you will be asked for that payment. A copy of your insurance card will be made.

Please arrive promptly one hour prior to your scheduled surgery time. The Nursing staff will confirm your time during the pre-operative phone call.

Wear loose, comfortable clothing such as sweat-suits that are easy to put on and take off. Leave valuables

and jewelry at home and remove all make-up and do not use lotions or oils on the day of surgery.

Children may bring a favorite toy, blanket, etc., to keep with them during their stay at the center.

Arrange for a family member or a friend to drive you home after your surgery. (Legally, you cannot drive yourself home following an operation that requires sedation.)

Bring a list of all your regular medications, both prescription and non-prescription, with you on the day of surgery.

The admitting process is done by a nurse who will ask that you sign an operative consent, review your medical/surgical history, confirm medications taken, and help you with proper attire. A parent/legal guardian must accompany their child through the admission process and can wait with them until it is time for the patient to go into the operating room. Patient's vital signs will be taken. Depending on the type of procedure and the age of the child, the anesthesiologist may order sedative medication to be given preoperatively. IVs are started on young children in the operating room after they are asleep. Older children and adults will have IVs started preoperatively. Through the IV, medications can be given to make the patient drowsy and comfortable. The IV is also used by the anesthesiologist to give the anesthetic in the operating room. While you are in the operating room, monitors are used to measure your vital signs. The same type of monitoring will be done in recovery area. When the surgical procedure is completed, the surgeon will talk with the family, while the anesthesiologist and the operating room nurse accompany the patient to the recovery area. Parents or legal guardians of minors must stay at the center.

## POST OPERATIVE CARE

Average recovery is approximately one hour. Once you are awake you will be reunited with your family and friends. For their emotional comfort, parents will be reunited with their children as soon as possible after they arrive in the recovery area.

The nursing staff will go over your discharge instructions and you will be given a written copy to take home. Be sure to follow your doctor's orders regarding diet, rest, medication, and activity.

Contact your surgeon's office if any questions, problems or difficulties arise once you have been discharged from the center.

A nurse from the facility will phone you within a few days after your surgery to see how you are and answer any additional questions you might have. Please leave a number where it is best to reach you with your nurse prior to discharge.

Because of the nature of the health care, there will be times when emergencies arise that may cause delays. There can be unexpected cancellations and potentially longer waiting periods. We will try to keep you informed if changes occur. If you have any questions or concerns, please do not hesitate to call us. Our billing/insurance clerks will verify your insurance information and then notify you by telephone if there will be any deductible or co-payment that will need to be paid to the center. The surgeon fee and the anesthesiologist fee are separate from the center fee.

## DIRECTIONS

- Take I-695 (beltway) to exit 25 onto Charles St.
- Travel South on Charles Street (toward Baltimore) approximately ¼ mile to the **second** traffic light which is Kenilworth Drive (**the first light is a beltway ramp**).
- Turn left onto Kenilworth Drive.
- Make the first left into the driveway for The Exchange Building, follow down the hill over two speed bumps and turn left at the bottom of the hill so you are at the rear of the building and park.
- **Suite 17** has a direct entrance from the parking lot.
- Our normal hours of operation are 7:00 a.m. to 4:00 p.m., however, you may be asked to arrive as early as 6:00 am.