



Things to Know Before Surgery

Scheduling

- If your doctor has recommended surgery, please call our surgery scheduler during normal business hours for more information. Please try to have your calendar handy so you can coordinate a date for surgery as well as pre- and post-op appointments. Please do not hesitate to leave a message for the scheduler and they will return your call as soon as possible.
- Surgery is performed on four set days each month. The other days our physicians are in the office seeing patients.
- Once you have scheduled surgery, the scheduler will hand you information documenting your surgery appointment as well as your pre- and post-op appointments.
- There are post-operative instructions on our website for the most common types of surgery. Please review this information to know what to expect after your procedure so you can plan accordingly.

Surgery Time

- Surgical times are not assigned until the Friday before surgery. The surgical cases are done in order of age, from youngest to oldest. This is because patients cannot have anything to eat or drink for eight hours before surgery. Some of our patients are infants; therefore they are the first to undergo surgery. Most people understand that a hungry baby is not a happy baby!
- Once the surgical times are decided, you will receive a call from the surgical center. You will be instructed on what time to arrive. You typically arrive 45 minutes to an hour before surgery.
- If for some reason you do not receive a call about your surgery time, please call the surgery center directly to inquire about your scheduled procedure.

History & Physical (H&P)

- All patients ages 12 & under are required to see their pediatrician within 10 days before surgery. All patients over the age of 13 are required to see their primary care physician within 30 days before surgery. At that visit, the physician will listen to the heart and lungs, and make sure the patient is healthy to undergo surgery. The physician will fill out a form called a History & Physical (H&P). Our surgical scheduler will have handed this form to you along with your surgery information. **It is also available on our website.** Once completed, the physician should fax the H&P to us at the number at the top of the page. Please also bring this form with you on the day of surgery.

The Day of Surgery

- The day of surgery you will report to the facility as scheduled.
- Patients must have a responsible adult bring them and stay with them until they are discharged (if it is a same day procedure) or until the surgery is finished (if the patient is staying in the hospital). Surgery centers can become crowded, so we ask that you have **no more than 2 people waiting for the patient while in surgery.**
- Patients should wear comfortable clothes and no jewelry.

If you have any questions or concerns prior to surgery, please contact our surgery scheduler at **703-468-2205.**