



A Patient's Guide to Surgery



4343 N. Josey Lane
Carrollton, TX 75010
972.492.1010
BSWHealth.com/Carrollton

Welcome to Baylor Medical Center at Carrollton

Your doctor has scheduled your upcoming surgery at our facility. Baylor Medical Center at Carrollton is a technologically advanced hospital where surgeons perform a broad range of procedures.



Our facility offers a safe, convenient, quality, caring, smoke free environment for outpatient and inpatient hospitalization. Fully licensed by both the State of Texas and the federal Medicare programs, and accredited by The Joint Commission, Baylor Medical Center at Carrollton serves Denton County and surrounding areas. Our central location offers easy access for patients and doctors traveling from any direction.

If You Have Any Questions

We want you to feel comfortable and informed about your surgery, and want your experience at Baylor Medical Center at Carrollton to be as pleasant as possible. Please feel free to call us anytime if you have any questions or concerns. We also welcome your comments and suggestions about your experience with us. Our main phone number is 972.492.1010.

Before Your Surgery

Pre-Operative Testing:

Your doctor may order pre-operative tests to be completed prior to your surgery date to assist in screening and preparing you for surgery. These may include specific blood and urine tests, EKG, and chest X-ray, which can be performed at Baylor Medical Center at Carrollton. Surgery may be delayed without these required test results. During the pre-operative testing, you will meet with a nurse who will obtain your medical history.

Preparing for Surgery

If you are not scheduled for pre-operative testing at our facility, a member of our staff will attempt to call you prior to your surgery date in order to confirm the date and time of your surgery, complete a pre-admission questionnaire, provide you with your pre-operative instructions and review your medication instructions.

Please inform the staff member of any daily medications, including the dosage, you currently are taking, especially for heart, diabetes or blood pressure problems. Be sure to mention any inhalers or over-the-counter drugs such as aspirin, Bufferin, Nuprin, Advil or Motrin and any vitamins or herbal medications you take. You will be given instructions by your surgeon, anesthesiologist, and/or pre-op testing nurse, for medications you may take the morning of surgery.

If your surgery involves a general anesthetic or other type of sedation, please arrange for a responsible person to remain at the hospital during surgery. For your safety and protection, you will not be allowed to drive a motor vehicle home from the facility unless otherwise instructed. Taxi service is not an acceptable form of transportation. If the patient is a child, it is best to have someone along with the driver to help care for the child on the trip home. You may want to have a spouse or friend stay with you the first night following surgery.

If the patient is a child, please remember:

- One or both parents (or guardians) must remain at Baylor Medical Center at Carrollton while the child is at our facility.
- A parent (or guardian) must sign a consent to treatment for surgery if the child is under 18.
- Guardians must bring written proof of guardianship on the day of surgery; without this documentation, surgery may be delayed.

The Night Before Surgery

- For your safety, please **DO NOT** eat or drink anything after 12:00 midnight (including water) the night before your surgery, unless otherwise instructed by your surgeon or anesthesiologist. This includes hard candy, gum, chewing tobacco, ice chips, or prescription medications (unless ordered by your doctor.) If you've been instructed to take any medication, take it with small sips of water.
- Bathe or shower the morning of your surgery to minimize the chance of infection, unless otherwise instructed. Teeth may be brushed, but **DO NOT** swallow water.
- **DO NOT** shave the surgical area.
- Refrain from smoking 12 hours prior and no alcohol 24 hours prior to your surgery.

PLEASE NOTE: If you eat or drink after midnight before surgery, your surgery may be cancelled.

When to notify your doctor:

If for any reason you cannot keep your scheduled appointment for surgery, contact your doctor and the hospital immediately. If you suspect that you are pregnant or you experience any changes in your health such as a cough, fever, or a cold, please contact your doctor immediately.

The Day of Surgery

- Upon arrival at Baylor Medical Center at Carrollton, please park in front of the hospital and enter the facility through the front door. Day surgery check-in will be to your right.
- Please have your insurance card and identification available. The registration coordinator will then review your pre-admission and complete the check-in process, including collecting any co-payment or deductibles as indicated by insurance benefits. Please be prepared to cover these expenses prior to surgery.
- Arrange for cash or a check to be held by friends or family waiting for you in case a prescription is written and needs to be filled at a nearby pharmacy after you are discharged.
- Please ask your doctor to notify us upon scheduling your surgery that you will need an interpreter, if you do not speak English or are hearing/speech impaired.
- Arrange for care of your children for 24 hours following surgery, as you could feel drowsy for that period of time.
- Leave your valuables, including jewelry and watches, at home.
- Do not wear contact lenses or make-up.
- Please arrange care for siblings not having surgery.
- If you are on medication(s), prescription, over-the-counter vitamins or herbal supplements, please bring a complete list containing the dosage(s) or the actual medicine bottles. If you are being admitted to the hospital after surgery, bring prescription medications in original pharmacy containers; your physician may choose to prescribe these medications post surgery.
- If you received a packet of information and forms from your doctor, please bring this packet with you.



When You Arrive at Baylor Medical Center at Carrollton

Please plan to arrive promptly at the time you were instructed.

A staff member will escort you to a private room where you will be asked to put on a hospital gown and cap. Your clothing and other belongings will be placed in a personal belongings bag. A nurse will spend time with you to answer any questions you may have and prepare you for surgery. If you have not previously signed a consent form, you will be asked to do so at this time.



The Procedure Itself

Anesthesia:

Your anesthesiologist will evaluate you before surgery and answer any questions you may have. Be sure to talk to your anesthesiologist about any medications you are currently taking, including all over-the-counter drugs and herbal medicines. The appropriate type of anesthesia will be determined by your surgeon in consultation with the anesthesiologist.

Family and Friends:

When you are in surgery, your family and/or friends will be given a pager that is used to notify them for updates or when the procedure is complete. When the pager activates, your family or friends should proceed to the consultation room to meet with the surgeon.

Recovery:

Immediately following surgery, you will be taken to the recovery room or you will return to the day surgery unit where your blood pressure, pulse, and general condition will be closely monitored by specially trained registered nurses.

The amount of time you spend recovering depends a great degree on the type of surgery and/or anesthesia you have had. Some patients spend as little as one (1) hour in recovery, others spend 3 hours or more. Your surgeon and anesthesiologist will answer your questions regarding length of stay while recovering.

After surgery:

For your safety and well being, you must have an adult drive you home after surgery. We cannot permit you to leave unescorted.

The medical staff will discharge you when they determine you are in stable condition. However, you could still feel sleepy, slightly dizzy, or nauseated. These are possible (and normal) side effects of anesthesia and can last for 12-24 hours post surgery.

If you are scheduled for an inpatient stay after surgery, you will be taken to a room on the unit following recovery. The day surgery staff will provide your family or friends your room number and location after they meet with the surgeon.

At Home After Surgery

We suggest that you eat lightly for the first 24 hours after your procedure. Be sure to follow any specific post-operative instructions your doctor gives you regarding diet, rest, activities and medication. The hospital will provide you with a written summary of these instructions. In addition, a member of our staff will attempt to call 1-3 days after surgery to see how you are doing.

Dizziness and nausea are normal after receiving anesthesia; therefore, you should wait 24 hours after returning home before:

- Driving or operating equipment
- Signing important papers
- Making significant decisions
- Drinking alcoholic beverages
- Taking any medication not prescribed or acknowledged by your surgeon

If you have any questions or concerns, please contact your surgeon.



Fees

Baylor Medical Center at Carrollton bills for services incurred during your visit. Your bill will include charges for services, medication and supplies provided in the hospital. Professional fees for your surgeon, anesthesiologist, radiologist, and/or pathologist will be billed separately.

Medical Insurance

Baylor Medical Center at Carrollton accepts most major commercial insurance, HMO/PPO plans, Medicare, Workers Compensation and Medicaid.

We collect deductibles, co-payments and a portion of your out of pocket expenses upon registration. We will then bill your insurance carrier for our facility charges. After their consideration, you will be billed for the balance.

If you have questions regarding fees or insurance, please feel free to call us. In certain circumstances, payment plans may be arranged; please talk to our business office prior to admission by calling 972.394.2390.

Baylor Medical Center at Carrollton accepts Discover, American Express, Visa, MasterCard, personal checks, cashier's check and cash.

Patient Visitor Information

- Family and guests may wait for the patient during their surgery in the lobby. Free Wi-Fi is accessible in the lobby area on the first floor.
- There are no established visiting hours, but consideration must be given to the patients and their need for rest during this time of recovery.
- Out of courtesy for the patients, please limit cell phone usage in patient care areas.
- Children under the age of 12 should be supervised by another adult when visiting.
- Children of adult patients are not allowed to stay overnight.
- Vending machines are located near the emergency room and on the inpatient units on the 2nd and 5th floors.
- The gift shop is located on the first floor and is open weekdays from 9:00 a.m. – 7:30 p.m., and on weekends, 10:00 a.m. – 5:00 p.m.
- The cafeteria is open to the public Monday – Friday 7:00 a.m. – 6:00 p.m. The café is also open Saturday – Sunday from 7:00 a.m. – 1:30 p.m. Coffee service is available in the dining area 24/7.
- Visitors may order a guest tray for breakfast, lunch or dinner for delivery to the room of our inpatients by calling Nutrition Services at extension 5000.
- We are a smoke free facility.
- In the evenings after 9:00 p.m., please enter the hospital through the emergency entrance which is located on the west side of the hospital.

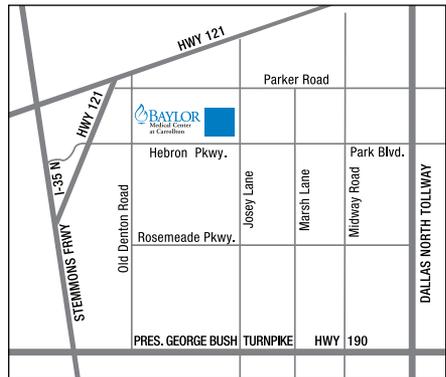


Directions to Baylor Medical Center at Carrollton

Baylor Medical Center at Carrollton is located on the Northwest corner of Josey Lane and Hebron Parkway. From I-35, exit Hebron Parkway and travel east to Josey Lane. From Highway 121, exit Hebron Parkway and travel east to Josey Lane. From N. Dallas Tollway, exit Park (which becomes Hebron Pkwy.) and travel west to Josey Lane. From the Colony, travel South on Main Street, crossing Highway 121, to Hebron Parkway.

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Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, Community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at Carrollton or

Surgery Information

Your surgery at Baylor Medical Center at Carrollton is on:

Date	Time
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Special Instructions:

- You will need pre-operative testing. Pre-operative testing is performed at Baylor Medical Center at Carrollton - First floor, just right of the main hospital entrance. Hours of pre-operative testing: 9:00 a.m. – 3:00 p.m. Monday – Friday.
- Your pre-operative testing appointment is on:

Date	Time
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- Call 972.394.2470 to schedule your pre-op testing appointment. Testing should be completed before your scheduled surgery date.
- You will not need pre-operative testing.

Fees and Payment

The hospital will file a claim with your insurance. However, deductibles, co-insurance, and out of pocket expenses are due prior to surgery. Please be prepared to make payment during your pre-op visit or on the morning of surgery. For questions concerning your portion of the fees, call 972.394.2390.

Cancellation Policy

If you are unable to keep your appointment, please notify your doctor and the hospital as soon as possible. We appreciate your consideration of this request.