



Banner Health®



Corporate Headquarters
1441 N. 12th Street
Phoenix, AZ 85006
(602) 747-4000
www.BannerHealth.com

Your Guide to Surgery

I. General Guidelines

- DO NOT eat or drink anything eight hours prior to your surgery. This includes water, gum, lozenges and medication (unless otherwise instructed).
- DO NOT smoke, use tobacco, drink alcohol or use any type of recreational drug for at least 24 hours before your surgery.
- DO NOT wear jewelry or contact lenses to the hospital.
- DO NOT bring any valuable items with you to the hospital; including credit cards, wallet, money, unless it will be used to make payment.
- DO NOT have family or friends bring valuable items to you in the hospital.
- DO tell your physician as soon as possible if you are taking any of the following: herbals, dietary supplements and/or over-the-counter medications. Certain products could impact your surgery, and your physician may advise you on changes he/she would like you to make. Failure to report these items in advance could cause a cancellation of your procedure.
- DO take a shower or bath the morning of surgery. You may use deodorant, but no powder, lotion, perfume or aftershave.
- DO bring glasses, hearing aids, dentures, etc. if you rely on them.
- DO call your physician if you develop any symptoms of illness (for example, temperature, sore throat, or rash) before coming to the hospital for your scheduled surgery.

1. Wear loose fitting clothes.
2. Please report to the appropriate area at the appointed

time. We will use this time to prepare you for your procedure.

3. If you have any questions, please contact the hospital's surgical area.

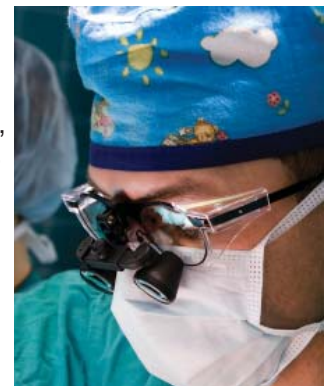
4. Make arrangements to have your personal items brought to your room later in the day. Inform your nurse of the items brought to the hospital.

5. You may be more comfortable if you bring your own toilet articles, robe, slippers, etc.

II. Pre-Admission Testing

1. Testing will be ordered by your physician and should be done at least three days before your surgery.
2. Your physician's office will be able to direct you to the appropriate testing site as determined by your insurance.
3. Bring your insurance cards to the hospital.
4. A pre-op nurse will meet with you to review your medications and medical history. If you have reports of any recent blood work, X-rays, or cardiac testing, please bring these results with you.

Please be advised that failure to disclose accurate information regarding alcohol, tobacco or drug/medication usage may seriously impact your health or surgical outcome. It may even result in death. Please be open and honest with us in regard to these questions. All information provided to your caregivers is strictly confidential. We encourage you to participate in your care, ask questions and tell us about any concerns you may



have. Thank you for helping us to provide you with the best and safest care possible.

5. You will receive information on what to expect the day of surgery. NOTE: If you have not heard from the hospital by 72 hours prior to your admission, please call the hospital.

Please be prompt and arrive at your appointed time. If unexpected delays in the schedule occur, we will do our best to make you as comfortable as possible.

A family waiting area is provided in close proximity to the surgery area. A volunteer will be available to answer questions. The doctor will speak to your family member or significant other after you are settled in the recovery room.

V. Anesthesia

Your surgery may require an anesthesiologist to provide monitoring, sedation, regional anesthesia or general anesthesia. The anesthesiologist will discuss anesthesia alternatives, risks, and do a preoperative history and physical exam prior to your surgery.

If you have questions regarding your anesthesia, call the hospital's surgery department. Please identify yourself as a scheduled surgery patient.

VI. Pain Management

Pain is an individual experience that is different for every patient. It is important to us that we are effective in managing your pain. Pain that is not controlled can negatively affect your recovery by limiting your mobility and your ability to participate in your care.

As a patient you can expect:

- Information about pain and relief measures.
- A concerned staff, committed to pain management.
- Health professionals who respond quickly to report of pain.

As a patient, we ask you to:

- Ask your doctor or nurse about what to expect regarding pain and pain management.
- Report pain as soon as it begins. Tell caregivers what it feels like (dull, sharp, constant, etc.)
- Tell your doctor or nurse if your pain is not controlled.

There are many misconceptions about pain medications.

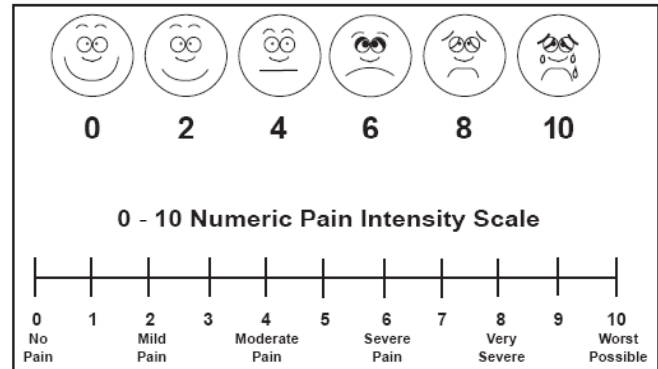
- Addiction to medication taken for pain is rare (1 in 1,000 patients).
- Pain medication is most effective when taken at regular intervals before the pain returns.
- While we may not be able to resolve all your

pain, we are confident we can reduce it to a satisfactory level.

- There may be additional non-drug therapies that will ease discomfort such as heat, cold or repositioning.

Please talk with your health care team about any concerns you may have related to pain control.

0 - 10 Numeric Pain Intensity Scale



VII. Financial Arrangements

A registration representative will call you prior to your surgery to obtain information needed for our records.

Please take some time to become informed about your existing insurance coverage and how it relates to this procedure. It will be easier for us to schedule your surgery, and you will be more secure in knowing what to expect. Hospital charges for your surgery include the procedure fee, operating room, staff time and diagnostic procedures ordered by your physician. You will be billed separately for physicians' fees such as the surgeon, anesthesiologist, radiologist, and/or pathologist.

If your surgery is being covered by insurance, the registration representative will make every effort to call your insurance company to verify your coverage. You will be requested to pay your deductible and any co-payment at the time of surgery. Depending on your insurance, you may be required to have a pre-certification or authorization number. If the proper procedures have not been followed, as in the case of a non-emergency, you will be responsible to pay in cash, check or bankcard on the day of surgery or your surgery will be cancelled or postponed.

Elective cosmetic surgery is payable in full at the time of the surgery.

If you don't have insurance, or if you have concerns about meeting your financial obligations, please call us in advance to discuss payment options with our financial counselors.