

Keeping you Informed as you Prepare for Surgery at Houston Northwest Medical Center



Houston Northwest Medical Center has been serving the needs of the community for over 30 years. The Surgical Department provides modern hospital care in surroundings close to your home and family. The Surgical Department offers trained employees and advanced equipment to provide quality care to our patients.

You will receive quality medical attention from our skilled and caring staff who will work closely with your physician. Additionally, there are many physician specialties and other services that are provided by our hospital to assure that your medical needs, anticipated and unanticipated, are met.

Your Pre-operative Visit

Once you have been scheduled for your surgical procedure, you will need to schedule a "pre-operation" visit with us so that we can obtain important information in advance of your surgery. This "pre-op" visit is ideally scheduled 5 - 7 days in advance of the scheduled surgery. You may ask your physician to schedule your pre-op visit at the same time he/she calls to schedule your procedure, or you may call us to schedule your own pre-op visit. You can schedule your pre-op visit by calling (281) 440-2495, Monday - Friday 8:00 a.m. - 5:00 p.m.

During your pre-op visit, you will be seen by a registered nurse who will review your special instructions for your procedure and answer any questions that you may have. Your nurse will also take a complete health history from you and gather information regarding your medical history, allergies, and medications that you are currently taking. Additionally, your doctor may have ordered tests such as lab work or x-rays to be completed at this time. To assist us, please bring:

- all paperwork given to you by your physician
- insurance company information
- list of your current medication schedule with name, dose and frequency
- a list of previous surgeries and indicate when the procedure was performed.



**Houston Northwest
Medical Center**

Financial Information

The registration personnel at Houston Northwest Medical Center are available to help you file your insurance claims for outpatient services. In order to assist you in handling your financial responsibility, we will need a copy of your insurance card(s). Currently, many insurance companies require pre-certification prior to outpatient surgery. Please contact your insurance company or personnel department to determine if this is a requirement of your policy.

Financial arrangements will be made when you come in for your pre-operative interview. Please bring all necessary information and forms with you to this meeting. We will complete these forms on the day of your visit.

Our registration personnel will verify your insurance benefits. If a deposit is required, you will be notified. For your convenience, we accept Visa, MasterCard and American Express. An itemized statement of charges will be mailed to you approximately seven (7) days after your surgery.

All patients will receive separate billings for the professional services performed by physicians on the medical staff. The cost for physician services and their billing procedures are entirely separate from the hospital's billing. Physicians who provide professional services may include your radiologist, surgeon, anesthesiologist, cardiologist or consulting physicians.

Surgical Patient Information Packet



**Houston Northwest
Medical Center**

710 FM 1960 West, Houston, Texas 77090
281-440-1000
www.HNMC.com

The Day of Surgery

Preparation

It is very important that you follow your physician's instructions. Each patient is unique, and your physician knows your particular needs. The following routine, however, is typical of what you should do prior to surgery.

- **Eating and Drinking** - Nothing to eat or drink from midnight the day before your surgery or as specified by your physician. Please remember not to swallow water when brushing teeth.
- **Shower or Bath** - The night before or morning of surgery. Bathe or shower as usual (sometimes your doctor asks for the use of antiseptic soap). Please refrain from using perfumes or powders.
- **Valuables** - Please do not bring valuables such as jewelry or cherished personal items to the hospital.
- **Clothing** - Wear loose-fitting clothes or pajamas and a robe. Shorts are recommended for knee surgery.
- **Medications** - Please prepare and give the physician a list of all medication taken regularly. While you're at the hospital, the nurse will provide all medications needed.
- **Smoking** - Limit or abstain from smoking before surgery. Smoking is not permitted inside of the hospital.
- **Illness** - Please notify your physician if a sore throat, cold, fever, or other symptoms develop prior to surgery.

During Your Stay

- **Parking** - Patients can be dropped off at the Medical Mall II entrance, located on Judiwood Street. Valet parking is available. The visitor parking garage is located on the north side of the hospital on Peakwood Drive.
- **Companions** - Up to two (2) family members or friends may accompany the patient. We request that children be attended by an adult at all times to ensure their safety.
- **Anesthetic** - The anesthesiologist or nurse will discuss the anesthetic for the operation with you prior to surgery.

What Happens After Surgery

- **Recovery** - After surgery, patients given a general anesthetic, awaken under constant observation in the post-anesthesia care unit. We keep close watch on blood pressure, pulse, and respiration. Visitors are not permitted in that area. The average recovery room time is 1-2 hours, though each surgery varies. After your recovery period you will either be discharged or admitted to the hospital, depending on your physician's orders.
- **Discharge** - For reasons of safety, you will not be allowed to drive yourself home. Please arrange in advance for a ride home from the hospital.

Please follow all post-operative procedures carefully so your recovery will be as quick and comfortable as possible. You will be provided a list of instructions and follow-up numbers for your continued care. At anytime, if you have an urgent need regarding your procedure after discharge, contact your physician or seek medical attention from our emergency room.

Important Numbers

Main number: **281-440-1000**
Surgery scheduling: **281-440-2495**
ACC/Surgery outpatient: **281-440-2286**
Physician referral: **1-877-725-1555**

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Place Important Papers Here

You may find this pocket useful to place important paperwork that you want to bring with you to the hospital. For instance, you may have papers that the doctor gave you to bring. You may also use this pocket to insert important insurance papers, or to bring a list of current medications you are taking.

We want to make sure your visit with us is as pleasant as possible.