



A Patient's Guide to Surgery



5601 Warren Parkway
Frisco, Texas 75034
214-407-5000
www.bmcf.com

Welcome to Baylor Medical Center at Frisco



Your doctor has scheduled your upcoming surgery at our facility. Baylor Medical Center at Frisco 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 program, and accredited by The Joint Commission of Health Care Organizations, Baylor Medical Center at Frisco serves the North Dallas area. 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 Frisco 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 214-407-5000.

Before Your Surgery

Laboratory tests:

Your doctor may order pre-operative lab tests to assist in screening and preparing you for surgery. These may include specific blood tests, an EKG, and chest X-ray, which can be done at Baylor Medical Center at Frisco. Pre-testing is recommended prior to your surgery date and should preferably be completed 2—3 days prior to your surgery. Surgery may be delayed without these required test results.

Preparing for Surgery

A member of our staff will attempt to call you prior to your surgery date in order to confirm the date 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 over-the-counter drugs such as aspirin, Bufferin, Nuprin, Advil or Motrin and any herbal medications you take. You will be given instructions regarding medications by your surgeon, and/or anesthesiologist for medications you may take the morning of surgery.

For your safety and protection, you will not be allowed to drive a motor vehicle home from the facility unless otherwise instructed. 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. You may want to have a spouse or friend stay with you the first night following surgery. 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.

If the patient is a child, please remember:

- ◆ One or both parents (or guardians) must remain at Baylor Medical Center at Frisco 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 and or anesthesiologist. This includes hard candy, gum, chewing tobacco, ice chips, or prescription medications (unless ordered by your doctor.)
- ◆ Bathe or shower the night before and the morning of your surgery to minimize the chance of infection. Teeth may be brushed, but **DO NOT** swallow water.
- ◆ Refrain from smoking 12 hours prior and no alcohol 24 hours prior to your surgery.

When to notify your doctor:

If for any reason you cannot keep your scheduled appointment for surgery, contact your doctor 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 Frisco, please use the front parking area. Enter the facility through the main entrance.
- ◆ Please have your insurance card and identification available. The Registration Coordinator will then review your pre-admission & complete the check-in process, including collecting any co-payments or deductibles as indicated by insurance benefits. Please be prepared to cover these expenses prior to surgery.



The Day of Surgery (Continued)

- ◆ 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 notify prior to the day of your surgery if 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.
- ◆ If your child is scheduled for surgery, we encourage you to bring his or her favorite toy for extra comfort. Children may be brought in wearing their pajamas. Please bring an empty bottle or sippy cup if your child can't drink from a cup.
- ◆ Please arrange for care for siblings not having surgery.
- ◆ If you are on medication(s), prescription, over-the-counter vitamins or herbal, please bring a complete list along with you with the **dosage(s)**. If it is easier for you, bring in medicine bottles themselves. 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 Frisco

Please plan to arrive promptly at the time you were instructed per your surgeon. After you have registered at the reception desk one of our nurses will spend time with you to answer any questions you might have and help with preparation for surgery.

Your nurse will escort you to a private patient location where you will be asked to put on a special gown and cap. Your clothing and other personal belongings will be placed in a personal belongings bag and placed in a private locker. The key will be given to the individual driving you home. If you have not previously signed a consent form in your doctor's office, you will be asked to do so at this time.

The Procedure Itself

Anesthesia:

Anesthesia services are provided by anesthesiologists qualified in all aspects of anesthesia. Your anesthesiologist will evaluate you before surgery and answer any questions you may have. You may be contacted the night prior to your operation by your anesthesiologist to review your medical history. 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.

Recovery:

Immediately following surgery, you will be taken to our fully equipped Recovery Room where your blood pressure and pulse will be closely monitored by specially trained registered nurses.

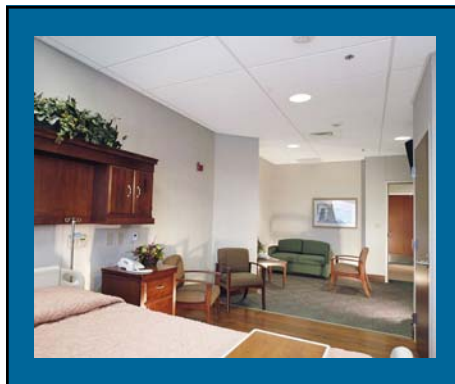
The amount of time you spend in recovery depends a great degree on the type of surgery and/or anesthesia you have had. Some patients spend as little as a 1/2 hour in the recovery room area, others spend 3 hours or more. Your surgeon and anesthesiologist will answer your questions regarding length of stay in the recovery area.

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.

Patient Room



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 Frisco bills for services incurred during your visit. Your bill will include charges for services provided in the following areas: pre-operative evaluation, nursing personnel, medications, supplies and the use of the operating and recovery rooms.

You will receive a separate bill from your surgeon and anesthesiologist (if one is needed for your procedure) and any other professional services you may receive while you are here, such as radiology or pathology.

Medical Insurance

Baylor Medical Center at Frisco 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 Director prior to admission. (214-407-5350)

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

Patient Visitor Information

- ◆ Family and guests may wait for the patient during their surgery in the lobby.
- ◆ 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 in the Imaging waiting area.
- ◆ Carl's Café is open to visitors for breakfast from 6:30 - 10:00 a.m. and for lunch from 11:00 - 2:30 p.m.. Dinner is served from 5:00—7:30, Meals may be purchased with cash, debit card, or credit card.
- ◆ One free meal will be delivered to the room of our inpatients for a guest.
- ◆ We are a smoke free facility.
- ◆ Please enter the hospital through the main entrance.

Premier Night

Having surgery can make anyone a little nervous, but knowing what to expect can ease the anxiety. The team at Baylor Medical Center at Frisco wants to put you at ease.

We are hosting PREMIER opportunities for “soon to be” patients and their family members. The events will be held on the **2nd and 4th Monday** of each month starting at 7:00 pm at Baylor Medical Center at Frisco. These events will include a brief educational presentation and an opportunity to become acquainted with the facility and some of the staff.

Please enter through the front entrance & sign in at the registration desk.

Directions to Baylor Medical Center at Frisco

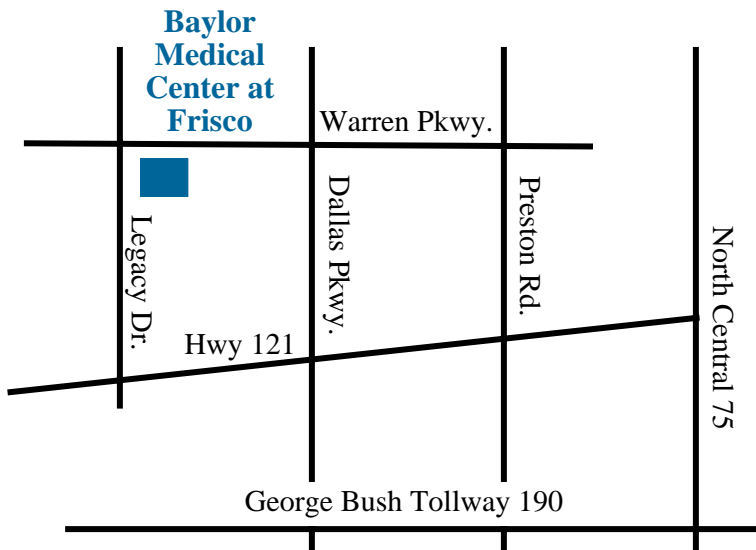


From Dallas Parkway turn west on Warren Parkway

From Preston Road turn west on Warren Parkway continue west across Dallas Parkway

From 121 turn north on Legacy Drive, then turn east on Warren Parkway

From Legacy Drive turn east



Physicians are members of the medical staff at Baylor Medical Center at Frisco and are neither employees nor agents of Baylor Medical Center at Frisco, United Surgical Partners International, Baylor Health Care System, or any of their subsidiaries or affiliates.

Surgery Information

Your surgery at Baylor Medical Center at Frisco is on:

(Day of the Week)

Date

Time

Baylor Medical Center at Frisco will attempt to contact you by phone prior to your scheduled surgery date.

Special Instructions:

You will need pre-operative testing.

Baylor Medical Center at Frisco:

Hours of Pre-Admit testing

8am—5pm Monday - Friday

Other: _____

You will not need pre-operative testing.

Cancellation Policy

If you are unable to keep your appointment, please notify your doctor and Baylor Medical Center at Frisco (214-407-5000) as soon as possible. We appreciate your consideration of this request.