



WELCOME TO CAPITAL CITY SURGERY CENTER!

We're Your Safe Alternative To A Hospital When You Need Surgery.

Capital City Surgery Center is a multi-specialty surgery center serving central North Carolina. Located on the Wake Medical Center campus, we are easily accessible from the Raleigh Beltline. The facility opened in June, 2012 and offers its patients and families a state of the art facility with a professional nursing staff specially trained in the area of outpatient surgery.

Although we are in close proximity to Wake Medical Center, we are totally independent. Many of our physicians work at our center as well as Wake Medical Center and we also have many private practice surgeons from other local community hospitals.

Thank you for choosing Capital City Surgery Center as your safe alternative when you need surgery. Remember, you may not have a choice about having surgery, but you can choose where to have your procedure. You can put your trust in us.

OUR MISSION STATEMENT

Capital City Surgery Center is dedicated to providing patients and families with a safe, professional and efficient atmosphere in the provision of outpatient surgical care.

A continuous quality improvement program serves to enhance our patient's outcomes while also focusing the entire staff on quality care and customer service. It is the mission of the center to provide excellence within a customer-focused, service-oriented environment.

PREPARING FOR SURGERY

Preparing for surgery, whether for an adult or child, can be a very stressful time. The staff at Capital City Surgery Center, including our receptionists, health history nurse, nurses in the operating room and pre and post-op unit, and the anesthesia team is focused on your safety and care.

Once your surgeon has informed CCSC of your pending procedure, you will receive a call from our Health History Nurse up to one week prior to your surgery date. She will ask you a series of questions about your past and present medical history. It is very important to inform her of all medications you are taking, any previous surgeries you've had and any known allergies. By providing us with the most accurate details about your health, we will be able to customize your care during your stay with us.

Depending on your age and medical history, you may need to have a few minor tests prior to your surgery to further assure the safest of outcomes for you. You will receive instructions for any tests necessary from either the health history nurse or your surgeon's office.

The results from these tests will automatically be forwarded to your surgeon and our surgery center. Prior to the day of surgery, if there are any changes in your physical condition, please notify your surgeon's office. The doctor may choose to postpone your surgery.

If you are having any anesthesia or sedation, you must have someone accompany you to the surgery center, drive you home after your surgery, and stay with you overnight. All patients having a "pain" procedure are required to have a driver to transport you home.

THE DAY BEFORE SURGERY

Please call the surgery center the day before your procedure to confirm your arrival time. You may call (919) 322-4812 or 919 322-4806 as early as 9:00am.

Because preparing for surgery is very important to assure your safety and the best possible experience, we have listed some important rules for you to follow. Ignoring these may cause your surgery to be delayed or cancelled.

If you are having anesthesia/sedation:

- Do not eat or drink anything after 12:00 midnight the night before surgery (this includes: chewing gum, lozenges, hard candy and chewing tobacco).
- Do not bring valuables with you on the day of surgery (this includes: purses, money, jewelry, etc.).
- If possible, make arrangements for child care which will allow you to concentrate on recovering.
- You will be asked to arrive 1 1/2 hours prior to the time of your surgery.
- If you are diabetic, you will be given instructions as to the dose and time to take your medication prior to arriving at the center.
- If you routinely take a medication that thins the blood, you must speak with your surgeon about when to stop this drug and if you may need any blood tests before surgery (i.e.: aspirin, Coumadin, Plavix, Naprosyn, Motrin).

If you are unable to keep your appointment for surgery or are delayed in arriving, please call the surgery center as soon as possible at 919 322-4800.

THE DAY OF SURGERY

The day of your procedure can be rather stressful. The information in this section is meant to help reduce your anxiety.

- Bring the completed medication reconciliation form or your own complete list of all current medications (including vitamins & herbals) the dosage and frequency.
- Wear loose, comfortable clothing and simple shoes to make getting dressed after your surgery easy. Do not wear jewelry.
- Bring your insurance cards and driver's license for the admitting process.
- If you wear glasses or contacts, bring the appropriate case for them since during your procedure you will not be wearing these.
- There is a snack area with a vending machine and coffee or tea available to those waiting for patients.

- Escorts are expected to remain in the building while the patient is in surgery. If you must step out, please tell the receptionist.

Once you have gone through the admitting process, where you will be asked for your insurance cards and driver's license to verify information and sign forms, a pre-op nurse will take you to the preparation area.

While there, the nurse will take your temperature, pulse, blood pressure, respirations, and verify existing information with you. You will be asked to change into a patient gown and simply relax on a stretcher in the patient care area. The nurse will start an IV if ordered. Your clothing and personal items will remain under your bed and travel with you throughout the facility.

If you have dentures and are receiving anesthesia, you will be asked to remove them—please bring a storage cup with you. Your anesthesiologist, surgeon, and operating room nurse will visit you in pre-op. They will re-verify information and answer any questions you may have. You will be in pre-op for about an hour. After your surgery, you will be taken directly to the recovery room where nurses will again monitor you.

The Recovery Room

Your escort will be allowed in the Recovery Room with you when it is appropriate. You will be offered crackers and a light beverage. The length of time you will be in the Recovery Room is totally dependent on the kind of procedure you have had, the type of anesthesia you had, your pain level, and your ability to tolerate fluids.

Once you are awake and alert, the nurse will review with you and your care-giver the instructions written by your physician which you are to follow at home. You will be given a copy of your discharge instructions to take home with you.

Please note: Everyone reacts to surgery differently. In some cases, the patient may need to be admitted to the hospital following the surgery for specific medical reasons. If the need arises, be assured that this decision will be made in conjunction with anesthesia personnel and your surgeon. You would be admitted to Wake Medical Center.

When You Go Home

Please follow these instructions when you get home if you have had anesthesia/sedation:

- You must have your care-giver stay with you for the first 24 hours. You may be drowsy or dizzy.
- Rest and relax. You have just had surgery. Follow your doctors' recommendations for resuming your normal activities.
- Eat a light meal when you get hungry. Eating too much, or heavy foods, may cause you to become nauseated.
- Remember to follow your doctors' instructions on resuming any previous medications you had been on, as well as taking any pain medication prescribed for you.
- Do NOT drive, drink alcoholic beverages or operate heavy machinery or power tools for at least 24 hours after your surgery.
- If you feel you are experiencing any problems after your discharge, call your doctor's office immediately. If your doctor is not available call the Emergency Room at your local hospital or 9-1-1 if it is an extreme emergency.

The day after your surgery, you will receive a phone call from a member of our nursing staff to check on your progress.

If Your Child Is Having Surgery

Capital City Surgery Center is a child friendly facility. Our surgeons perform several different types of children's surgeries each year. Our nursing staff has had many years of experience in caring for children and understands the impact surgery has on them.

To make their day, and yours, a little less stressful, we recommend the following:

- If possible, arrangements should be made for the care of siblings. The child having surgery will need your full attention.
- Encourage your child to bring a favorite toy or blanket.
- If your child uses diapers, a pacifier, a bottle, or a “sippy” cup, please bring that along.
- Parent/legally designated care-giver will be asked to wear an identifying bracelet with the same information contained on the child’s bracelet. You may remove these once you are discharged from the facility.
- Parent/legally designated care-giver shall remain in the pre-op area with the child until the time of surgery.
- Parent/legally designated care-giver shall not leave the facility while child is having surgery.
- Parent/legally designated care-giver may be with the child during the recovery process as soon as Anesthesia/PACU nurse determines it is appropriate.
- Children **over** the age of 2 years may have nothing to eat or drink after midnight.
- Children **under** the age of 2 years may have clear liquids up until 6 hours before surgery.

ABOUT YOUR BILL

Capital City Surgery Center (CCSC) will make every effort to keep this process as simple as possible. Your surgical procedure will generate several different bills from different sources:

- CCSC’s bill covers the use of the facility and the necessary supplies used during your surgical procedure.
- You will receive separate bills from your surgeon and anesthesiologist.
- Other billable services that may be used during your surgery are laboratory and/or pathology charges, radiology and some specialty items.

Our facility works with your doctor’s office to make sure we have accurate insurance information. We will contact your insurance carrier if there is any question about our eligibility. If it is determined that you are responsible for the bill in its entirety or just a portion, we will call you before your date of surgery to make payment arrangements. We accept cash, Visa and Master Card.

Thank you for choosing Capital City Surgery Center.