

# Temple Surgical Center & Women's Surgical Center

Information for Patients  
Having Surgery



 YALE-NEW HAVEN  
HOSPITAL  
Temple Surgical Center

 YALE-NEW HAVEN  
HOSPITAL  
Women's Surgical Center

**WELCOME** to the **Yale-New Haven Hospital Temple Surgical and Women's Surgical Centers**. The ambulatory surgical centers have a distinguished history of offering same-day surgical services for approximately 30 years.

The centers are approved by the Joint Commission, the Connecticut Office of Healthcare Access and Medicare, and licensed by the Connecticut Department of Health.

We understand that the prospect of surgery may cause anxiety. We hope that this brochure answers many of your questions about what to expect before, during and after your surgery.

Your scheduled procedure determines whether you return home for recuperation or stay overnight at the Temple Recovery Care Center. Our team of highly qualified professional staff will provide for your care and comfort and make every effort to ensure that your stay with us is a warm and personal one. If you have any questions or comments, please do not hesitate to bring them to our attention.

*We wish you a speedy and complete recovery.*

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## Adult Patients

### INSTRUCTIONS BEFORE YOUR SURGERY

**T**hree days before your surgery, a registered nurse will call you to discuss your past medical history and review your pre-operative instructions.

If you do not hear from us, it is because we are unable to reach you via telephone. Please call the Temple Surgical Center at **(203) 688-6008** or Women's Surgical Center at **(203) 688-3080** at least **two days** before your surgery between the hours of 8 a.m. and 4 p.m.

If you do not hear from us, please contact Temple Surgical Center at **(203) 688-6008** or Women's Surgical Center at **(203) 688-3080**.

Please arrive **one hour** before your scheduled surgery, unless instructed otherwise by pre-op call nurse.

Arrival time will be given at the time of the pre-op call. If any time change occurs, you will be notified after 2 p.m. on the day prior to your appointment.

#### Medications

If you take aspirin, anti-inflammatory drugs, herbal supplements or Vitamin E, please check with your doctor prior to your surgery, since you may be advised to stop taking them for a week to 10 days before your surgery.

If you were told to take your medications, please take them with no more water than needed to comfortably swallow the medication.

#### Important Guidelines

- Do not make other commitments on the day of your surgery, as it occasionally becomes necessary to change appointment times.
- Do not eat or drink anything after midnight or in the morning (including gum, mints candy, or water).
- You may brush your teeth the morning of your surgery.
- You may bathe, but please do not use make-up, hair spray or toiletries.
- If you are having surgery on your arm or hand, remove nail polish and/or artificial nails on the operative side.
- Wear casual, loose-fitting clothing that you can store in a locked drawer provided for your personal belongings.
- Please leave contact lenses at home. If that is not possible, please be sure to bring a storage case and solution for them. Bring eye glass case, if possible.
- Leave all jewelry and valuables at home.
- Remove all body piercings, including earrings.
- **You may NOT drive yourself home.** A responsible adult **must** accompany you in a car, cab or public transportation.
- Have a responsible adult assist you for at least 12 hours following your surgery.
- **Please have a responsible adult bring money** in order to pay for co-payments on prescriptions or parking, if needed. **We do not validate parking.**

**SPECIAL NOTE:** For lower extremity surgery, you are responsible for obtaining your own crutches. Please speak with your doctor's office for instructions on the use of crutches prior to the day of your surgery. Please leave crutches in your car to assist you when you arrive home after surgery.

## REMINDERS ON THE DAY OF YOUR SURGERY

- Please bring your insurance ID card and photo ID.
- Please bring a complete list of all your current medications.
- If you have an advance directive, please bring a copy with you for your chart.
- Plan to arrive one hour before your scheduled surgery, unless instructed otherwise by the pre-op call nurse.
- If co-pay is due, please bring it with you on the day of your surgery.

## ANESTHESIA SERVICES

An anesthesiologist will provide anesthesia for your surgery. These physicians are specialists in outpatient anesthesia.

On the day of your surgery, your anesthesiologist will discuss with you in detail the recommended anesthesia plan for your surgery and answer any questions you may have regarding the plan.

## FOLLOWING YOUR SURGERY

After your surgery, you will be taken to the recovery room where our professional staff will provide for your continued care.

When you are ready for discharge, your nurse will review with you and your care partner the post-operative instructions from your physician and your anesthesiologist.

**You may NOT drive yourself home.** A responsible adult **must** accompany you in a car, cab or public transportation.

## AT-HOME RECOVERY

### Upon arrival at home after your surgery:

- Do not drive an automobile during the time period outlined by your physician.
- Follow complete instructions given to you by your physician and our staff.
- Alert your physician to any symptoms or changes in your condition.
- Do not sign any important papers or make any important decisions during the time period outlined by your physician.
- Do not drink any alcoholic beverages.
- Pamper yourself and avoid any strenuous activity.

The day after your surgery, a recovery room nurse will call you to see how you are progressing and answer any questions.

If you will not be at home the day after your surgery, it is important that you call Temple Surgical Center at (203) 688-6008 or Women's Surgical Center at (203) 688-3080.

## Pediatric Patients

### PRE-OPERATIVE TOUR

**T**he prospect of surgery may be frightening to children/young adults and parents. We offer a pre-operative tour in which parents and their child/young adult can learn more about what to expect on the day of their surgery. Parents may be given instructions about going to the operating room with their child. If you wish to visit Temple Surgical Center, please call (203) 688-6008 to make the necessary arrangements.

## INSTRUCTIONS BEFORE SURGERY

**Three days before your child's surgery**, a registered nurse will call you to discuss your child's medical history and review the pre-operative instructions.

If you do not hear from us, it is because we are unable to reach you via telephone. Please call the Temple Surgical Center at least **two days before** your surgery between the hours of 8 a.m. and 4 p.m. The number is **(203) 688-6008**.

Arrival time will be given at the time of the pre-op call. If any change occurs, you will be notified after 2 p.m. on the day prior to your appointment.

Please arrive **one hour** before your scheduled surgery, unless instructed otherwise by the pre-op call nurse.

If you do not hear from us, please contact Temple Surgical Center at **(203) 688-6008**.

## DAY OF SURGERY

On the day of surgery, **minors must be accompanied by a parent or legal guardian**. Before anesthesia services and surgery can begin, the written consent of the parent, legal guardian or state-appointed social worker is required. Legal guardian or state-appointed social worker should bring a copy of court papers to the appointment.

For added comfort, your child may want to bring a favorite blanket, toy or book. It is important to be truthful with your child about his/her surgery to the extent he/she understands.

A parent's or both parents' presence is comforting to a child. Parents may remain with their child in the pre-operative area prior to their surgery. With the permission of the anesthesiologist, one parent may accompany the child to the operating room

until the child is asleep. After surgery, parents are reunited with the child in the recovery room.

## FOLLOWING SURGERY

When your child is ready for discharge, your nurse will review with you the post-operative instructions from your physician and your anesthesiologist.

## Adult & Pediatric Patients

### INSURANCE & BILLING INFORMATION

#### Temple Surgical Center and Women's Surgical Center

The fees at the Temple Surgical Center and Women's Surgical Center are a facility charge. They **do not include** the professional services of your surgeon, anesthesiologist, radiologist or pathologist.

As a courtesy to you, the Temple Surgical Center or Women's Surgical Center will bill your insurance company. It is your responsibility to pay any deductible amount, co-insurance or any other balance not paid by your insurance. Please bring your insurance ID card(s) along with any co-payment for which you are responsible on the day of surgery.

#### Anesthesia Services

As a convenience to you, the anesthesiology physician's office will bill your insurance carrier for the professional services of your anesthesiologist. It is your responsibility to pay any deductible amount, co-insurance or any balance not paid by your insurance.

## Dental Services

Dental surgery patients should be aware that we must bill your hospitalization insurance, not your dental insurance carrier. Please check with your insurance company or employer to verify the extent of your coverage.

### Pre-payment of services may be required prior to surgery if:

- You are not covered by insurance.
- Your insurance does not cover the surgery.
- You are having cosmetic surgery.

You may pay in cash, bank or certified check, money order, Master Card, Visa, American Express, Diner's Club or Discover.

If you have any questions, please contact the Billing Office at **(203) 688-1800**.

## PATIENT VISITATION

Pre-surgery visitors are only permitted when the patient is a minor/young adult, does not speak English, or has special needs that only the visitor can meet, or at the discretion of the nursing staff.

It is the policy of the Temple Surgical Center and Women's Surgical Center to allow only one visitor after surgery as the patient desires and/or requests.

## ADVANCE DIRECTIVES

An advance directive is a legal document that can both designate an individual to make decisions for you if you become unable to make them or can give more specific instructions to your doctors. If you have an advance directive, you should bring a copy with you for your chart.

Be aware, however, that having an advance directive will not affect your resuscitation status during surgery. Only patients who have an orange bracelet signifying that they should not be resuscitated at any time would not be resuscitated should a cardiac or respiratory arrest occur during surgery. It is important for you to talk with your attending physician about your goals of care and wishes about resuscitation prior to your surgery.

The hospital's pamphlet *"Understanding Living Wills and Advance Directives"* is available upon request before the date of surgery or at the front desk while you are here.

## WORKERS' COMPENSATION

For Workers' Compensation, the following information is required:

- The name, address and telephone number of the Workers' Compensation carrier that is responsible for this procedure.
- The name of the agent or person to contact at your place of employment.
- The address of your employer at the time of your accident or injury.
- The date and time of your accident or injury.
- Your claim number.

If you do not have this information, you should obtain it from your employer before you arrive on the day of your surgery.

If you have billing questions or need clarification, please call our Billing Office at **(203) 688-1800**.

# DIRECTIONS

## For Temple Surgical Center:

60 Temple Street, 2nd floor.  
Park in the Temple Medical Garage. Second garage off Exit 1.\*

Go to the first level of the garage. Enter the main level of the building. At the information desk, go left to 60 Temple and proceed to the second floor.

## For Women's Surgical Center:

40 Temple Street, 2nd floor.  
Park in the Temple Street Garage. First garage off Exit 1.

Enter 40 Temple Medical at the second floor bridge and follow signs to center.

**I-95 North or South:** Merge onto RT 34 West, Exit 47 to Downtown New Haven. Exit 1 to North Frontage Road.

**I-91 South:** Exit 1 to Downtown New Haven to RT 34. Exit 1 to North Frontage Road.

**Route 8 South:** Exit 15. Right onto to Main Street. Right onto to RT 34 East. RT 34 to George Street. Right onto Church Street. Right onto North Frontage Road.

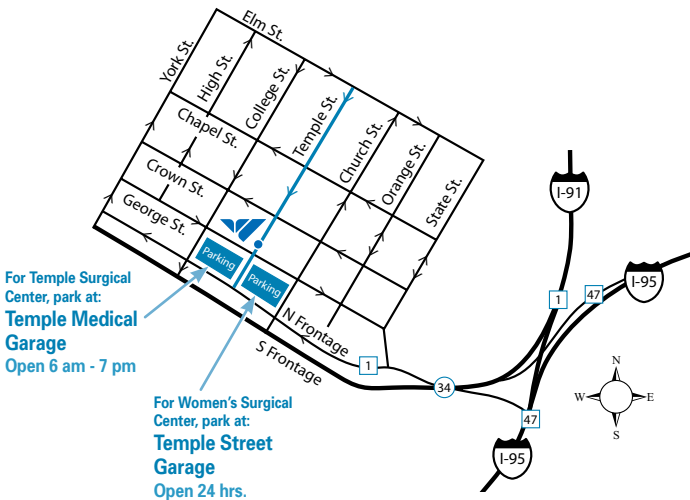
**RT 63 or 69 South:** Merge onto Whalley Avenue. Follow directions for Parkway South.

**Wilbur Cross Parkway North:** Exit 57 to RT 34. RT 34 to George Street. Right onto Church Street. Right onto North Frontage Road.

**Wilbur Cross Parkway South:** Exit 59. Right onto Whalley Avenue. Right onto Park Street (sign for YNH). Left onto to George Street. Right onto to Church Street. Right on to North Frontage Road.

\*Temple Medical Garage has entrances from George Street and North Frontage Road.

Valet Parking is available at the front entrance of Temple Medical Center. **We do not validate parking.**



For Temple Surgical Center, park at: **Temple Medical Garage**  
Open 6 am - 7 pm

For Women's Surgical Center, park at: **Temple Street Garage**  
Open 24 hrs.

 **YALE-NEW HAVEN HOSPITAL**  
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New Haven, CT 06510  
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