

# Preparing for Surgery

Howard  
County  
Medical  
Center

## Our Surgery Services

Johns Hopkins Howard County Medical Center cares about you and your surgical experience. We want to be sure you have the most successful outcome possible. The best way to prepare is to take care of yourself, get plenty of rest and familiarize yourself with these instructions. We are committed to ensuring your brief stay with us is safe, uncomplicated and convenient. This information sheet includes instructions and tips to help prepare you for your visit. We thank you in advance for taking the time to review this information carefully.

If you have questions or concerns, call our preoperative nurse at **410-884-4526**. For more information about our surgical services, please visit [hopkinshoward.org/prereg](https://hopkinshoward.org/prereg). For more information about our registration process, call **410-884-4500**.

## Before Your Surgery

- Please arrange for an adult to drive you home from your surgical procedure. For your safety, if you're scheduled for an outpatient procedure, an adult must remain with you for 24 hours after surgery. If you do not make these arrangements, we would be happy to work with you to reschedule your procedure for a date you can meet these important requirements.
- If you become ill or experience any change in health before surgery, please contact your surgeon or the hospital's preoperative nurse immediately.
- If you are a woman and suspect you are pregnant, it is extremely important that you notify your surgeon immediately.
- You may receive a preoperative health assessment call from a nurse one to three days in advance of your surgery.
- Your procedure may require you to have a Covid-19 test prior to surgery. If you are tested, please limit your exposure to decrease your risk of infection prior to your procedure.

## Day of Surgery

- Please follow your surgeon's instructions regarding eating and drinking prior to surgery.
- Take only medications your physician has instructed with a small sip of water. Some medications, such as those that control blood pressure, are very important to take before surgery, the day of surgery and the immediate days after surgery.
- Shower or bathe to minimize the chance of infection.
- Wear or bring loose, comfortable clothing to the hospital.
- Wear flat shoes — slip-on styles are best.
- Remove any body piercings.
- Leave all jewelry and valuables home.
- Pediatric patients are allowed a visitor in the Preoperative and Post Anesthesia Care Units.

Questions or concerns? Call our preoperative nurse, **410-884-4526**.

Surgical services information: [hcgh.org/prereg](https://hcgh.org/prereg).

Registration questions? Call **410-884-4500**.

## When and Where to Arrive

- On the day of surgery, you will arrive at the medical center's main entrance. A surgical scheduler will call with your arrival directions and our registration team will assist you once you arrive. |
- You should arrive no later than two hours before your scheduled surgery time.

## What to Bring

- Bring a list of current medications you take, including name, dosage and how often each is taken. Do not bring the bottles. If uncertain about your medications, a family member or caregiver may bring the bottle to the hospital temporarily so our clinical staff can accurately record the information. *Bringing home medications can lead to confusion and medication errors, so, for your safety, we typically ask patients not to bring medications from home.*
- Bring asthma inhalers if you use them.
- Bring your completed insurance forms, insurance or Medicare card, a photo I.D. and any applicable co-pays.
- If staying overnight, please leave your bag in the car. Your care partner may bring it in after surgery, when you have been taken to your room.
- If you use a C-PAP machine when you sleep, please bring it with you if staying overnight. Please write out your typical settings for us in case you are unable to relay them after surgery. You may leave the machine in the car with your overnight bag, to be brought to your room later.
- If you have an advance directive, bring a copy. If not, please tell the receptionist where you have it on file.
- If you need them, please bring your glasses for reading and your eyeglass case.
- Young children who will be undergoing surgery may bring a comforting toy or blanket.

## everyBODYmoves Mobility Initiative

Mobility and exercise are important parts of your recovery. Movement decreases your risk for blood clots, infections, bed sores and constipation, and movement can improve your mood and appetite. If you are an inpatient, your care team is here to help you heal, which includes helping you stay upright and active. Together, you will set a mobility goal each day to reach your highest level of mobility.

## Insurance and Billing

Please be sure to check with your insurance provider for the requirements of your personal policy related to pre-certification or second opinions. Payment for your procedure may be denied by your insurance provider if your policy has specific requirements related to these items. Co-pays and deductibles will be collected at the time of service, as required by your insurance company, or may be paid during your pre-admission registration call. As a courtesy, we will bill your insurance for the balance of your account. The balance due is your responsibility, and payment will be requested from you if not paid by insurance.