



Surgical Preadmission Information



Northern Nevada
MEDICAL CENTER



Joint Replacement
Hip



Joint Replacement
Knee



Spine Surgery

Planning for Surgery

Preoperative Assessments and Tests –

An appointment for Preoperative Assessments and Tests is usually scheduled for you when your surgery is scheduled. If for some reason this did not happen, please call **775-356-4529** to schedule a preadmission appointment. Your physician may have ordered preoperative tests that we need to ensure have been completed prior to your procedure.

Nurse Navigator – As a joint and spine center of excellence, NNMC provides patients with a nurse navigator who will help guide you through the surgical process. The Nurse Navigator will help coordinate your presurgical planning, and will provide valuable resources to help ensure the best possible surgical outcomes and hospital experience.

Arranging a ride home – Please arrange for a responsible adult to take you home and to stay with you for the first 24 hours following your surgery.

The day before surgery – Please eat a light dinner and drink plenty of water throughout the day. Avoid alcohol, smoking or using tobacco products as much as possible and follow your surgeon's preparation instructions.

The day of surgery – Please refer to the enclosed checklist. Wear loose, comfortable clothing; avoid wearing makeup or nail polish; report any body piercings other than the ears; and leave jewelry and valuables at home.

Preregistration – Save time!

Preregister online at least 72 hours prior to your surgery by visiting our website at **nnmc.com**. The REGIE link is easy to spot on the homepage. **Click on the REGIE logo.**



Registration – Upon arrival at the hospital, please check in at the admitting office to review and sign necessary paperwork.

Special consideration for children – Every effort is made to keep parents close to their children who are undergoing surgery. Encourage your child to bring a favorite toy or blanket, and please have two adults present for the trip home: The driver and one to watch your child.

You are in good hands at Northern Nevada Medical Center (NNMC). As the only hospital in northern Nevada to be certified by The Joint Commission in knee replacement, hip replacement and spine surgery, NNMC is a premier surgical hospital in the state.

Surgeons choose NNMC for their patients for many reasons, including:

- Highly trained medical professionals* with experience in innovative surgical and rehabilitation techniques and technology
- All private patient rooms
- Patient rooms with adjoining suites for family, friends and visitors
- Convenient surface parking
- National quality distinctions demonstrating commitment to the highest level of care
- Continuous compliance with The Joint Commission's standards for medication management and infection prevention and control.



When patients know what to expect and how to prepare, they are more likely to experience positive outcomes.

Journal of PeriAnesthesia Nursing

*Physicians are not employees or agents of this hospital.

Presurgical Patient Education

Patients who participate in presurgical education typically enjoy better outcomes, improved pain control and experience less anxiety about their surgery and recovery. NNMC hosts bimonthly education classes for patients scheduled for joint replacement and spine surgery procedures. You'll receive a comprehensive booklet of required surgical information to guide you through the surgery and recovery process. Monthly Class Schedule:

Joint Replacement Surgery

1st and 3rd Thursdays at noon

Spine Surgery

2nd and 4th Wednesdays at noon

Classes are held at
NNMC, 2375 East Prater Way
Sparks, NV

Healthy snacks are provided.

Registration is required because
space is limited.

**Call 775-356-4960 to
reserve your place!**

Preparation for Your Surgery or Diagnostic Procedure

When your physician* recommends surgery or other diagnostic procedures, he or she will discuss specifics of the procedures with you. If you take any routine medications, such as insulin, blood pressure medications, blood thinners, vitamins, herbal supplements or birth control pills, be sure to inform your physician.

We at Northern Nevada Medical Center are pleased that you and your physician have selected our facility.

A few simple rules ...

DO Preoperative testing should be completed two weeks before the surgery.

Preoperative Assessments and Tests –

An appointment for Preoperative Assessments and Tests is usually scheduled for you when your surgery is scheduled. If for some reason this did not happen, please call 775-356-4529 to schedule a preadmission appointment. There is no need to fast for this appointment. Please bring a list of all medications that you take, including dosage. During this appointment, NNMC's nursing staff will review your health history and facilitate the completion of any lab tests or radiology procedures that your physician has ordered. We want to ensure that all preoperative tests have been completed prior to your procedure.

DO NOT eat or drink anything after midnight on the night before your surgery unless your physician or anesthesiologist instructs otherwise. This includes food, liquids, water, candy, gum, breath mints and chewing tobacco. For your safety, it is strongly recommended that you refrain from smoking, alcohol, drugs and chewing gum for 24 hours prior to surgery.

*Physicians are not employees or agents of this hospital.



*Your surgery will be cancelled
if you do not have an adult to
stay with you after surgery and
provide transportation home.*



Check-in Checklist

Please arrive at the hospital at the time specified by your physician and check in at the admitting office located on the south end of the first-floor lobby. You should bring the following items with you to the hospital:

- Photo identification
- Advance directives, if you have any
- Healthcare power of attorney, if you have one
- Insurance cards or forms and any required co-payment for services
- Eyeglasses, hearing aids and storage cases
- Wear loose, comfortable clothing

For Your Safety

The doctor or other member of the surgical team* will mark with a pen the part of your body where the surgery will occur. Called "site marking," this is a critical step in ensuring your safety and preventing errors.

While you are still awake, a doctor or nurse will ask you for your name and other identifying information such as your birth date, as well as the part of your body to be operated on. This process will occur several times. Don't be alarmed by these questions; your doctor knows who you are. This is another step to make sure the team has everything correct.

After the Operation

After your procedure is completed, you will be closely monitored in the recovery room. You may feel slightly cool upon awakening. Your doctor or nurse will ask about any pain you may have. Whenever you are asked to take a medication, especially a new one, ask what it is for and about its side effects. This will help assure you are receiving the correct medication. If you have discomfort concerns, ask your doctor or nurse. The average recovery room stay after surgery is approximately one hour, and you will return to your hospital room afterward.

For Your Safety and Comfort, Take Note:

- You **MUST** have someone drive you home after your procedure. Please make arrangements for a responsible person to pick you up, as you may not be allowed to drive yourself home or operate any machinery after anesthesia.
- For the first 24 hours after surgery, a responsible adult should stay with you.
- Limit your physical activity until your physician instructs you to return to your normal routine.
- Follow your physician's instructions regarding bed rest, diet and medications. Upon your discharge, you will be given instructions from your doctor regarding your aftercare.
- Do not drink alcohol, drive a car, make legal decisions, cook, or operate machinery and power tools for at least 24 hours after receiving general anesthesia, intravenous sedation or while taking pain medications.
- It is normal to experience some drowsiness or dizziness as well as discomfort near the incision site. Please contact your physician if these symptoms become a concern or if you are having any problems after discharge. If you cannot reach your physician, go to the nearest hospital emergency room.

After Your Discharge

After your discharge, you may be referred to one of our post-op rehabilitation programs, such as physical therapy, to help you recover faster. A member of NNMC's staff may call you to check on your progress. As always, we care about your comfort and safety. Please feel free to share any questions, compliments or concerns with us.

The Rehabilitation and Sports Medicine Center at NNMC offers strength-training and advanced technology to help in your recovery. Our brand-new, fully equipped outpatient rehabilitation clinic can help you in your quest to return to productive living.



The Rehabilitation
and Sports Medicine Center



Northern Nevada
MEDICAL CENTER

Call 775-356-4960
to make an appointment.

Frequently Asked Questions



Will I need lab work prior to my surgery?

Your surgeon* and/or anesthesiologist may order blood and/or urine tests to be completed prior to your surgical procedure or on the day of your surgery. Most of the testing will be performed during your presurgical evaluation appointment.



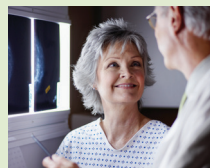
Why do I need preoperative tests?

Preoperative lab work, EKGs and chest X-rays, if required, usually are completed within two weeks prior to surgery. The test results are included in your patient chart. The results of these tests can be assessed and evaluated to identify potential risks associated with your procedure. These issues can then be communicated to your surgeon and members of your healthcare team.



Why do I need a chest X-ray?

Chest X-rays may be required depending upon your age, pre-existing health conditions, family history or other factors. During your preadmission assessment, our registered nurse will inform you if your physician has ordered a chest X-ray.



What should I expect in diagnostic imaging?

During your preadmission assessment, a registered nurse will facilitate any radiology procedures ordered by your physician. Please remember to remove any jewelry before any diagnostic imaging procedure.

*Physicians are not employees or agents of this hospital.

Your list of medications, health history and physician questions

Medication – Including Nonprescription, Vitamins and Herbal

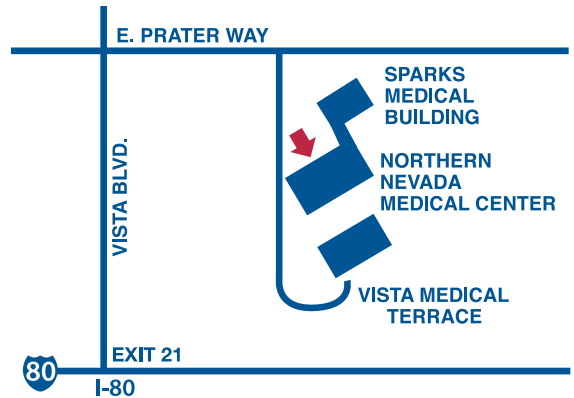
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IMPORTANT HEALTH HISTORY/NOTES

Questions:

[illegible]

Map of Northern Nevada Medical Center



Just 8 minutes from downtown Reno.

Take Interstate-80 to exit 21, the Vista Blvd. exit.

Head north on Vista Blvd., and turn right on Prater Way.

The hospital is on the right with ample surface parking in front.



2375 East Prater Way | Sparks, NV 89434

775-356-NNMC (6662)

nnmc.com

Physicians are independent practitioners who are not employees or agents of Northern Nevada Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. 141190

Things to Remember

Surgery Date

Check-in Time

(as directed by your physician's office)

Hospital Department Numbers

Admitting Office

775-356-4961

Billing Office

800-323-5151

Information Desk

775-331-7000

Nurse Navigator

775-352-5390

Physician Referral – Direct Doctors Plus®

775-356-NNMC (6662)

Physical Therapy

775-356-4960

Preadmission Testing

775-356-4529

Presurgical Classes

775-356-4960

Respiratory Services/Testing

775-356-4056

Social Worker

775-356-4524

Surgical Scheduling

775-356-4529

Surgery Waiting Room

775-356-4045