

# Welcome

We are pleased you have selected GNS Surgery Center for your surgical treatment.

We are happy to serve you and will do everything possible to make your visit with us as pleasant and proficient as possible. To ensure that your day of surgery goes well, please read the following information.

Sincerely,

Jackie Ginter  
Administrator

## Our Mission

The GNS Surgery Center provides cost-effective outpatient services using modern, state-of-the-art technology in a friendly and caring environment by highly-skilled, compassionate staff serving Athens and surrounding communities.



## What to Expect Before Surgery

1. Complete the Online Medical History (link is on the [gnssurgery.com](http://gnssurgery.com) site)
2. You will receive pre-surgical instructions from our Pre-op Nurse by telephone. She will contact you at home 2-3 days before your surgery.
3. Drink a lot of fluids up until midnight the day before surgery.
4. **Do not eat or drink after midnight the night before surgery**, including coffee, water, Lifesavers<sup>®</sup>, and gum, unless instructed otherwise by your doctor or the Pre-op Nurse .
5. Call your doctor if you develop a cold, sore throat, cough, fever, or other illness prior to your surgery.
6. We strongly recommend no smoking or drinking alcohol 24 hours before surgery.
7. You may brush your teeth (do not swallow) and shower the morning of your surgery. **DO NOT** use lotions, strong perfumes, or a lot of makeup. \* **DO NOT** shave the surgical site.
8. If you are having a surgical procedure (not pain management) please shower the night before and morning of surgery using chlorhexidine.
9. Make plans for a driver to take you home on the day of your surgery. **You will not be able to go home alone in a taxi or by public transportation.**
10. If you have young children, try to arrange a babysitter for at least 24 hours after you arrive home, and a responsible adult to stay with you.
11. Dress in comfortable, loose clothing, and low-heeled shoes. Bring a case for dentures, contact lenses, glasses, and hearing aids. **Please do**

**not wear or bring valuables such as jewelry, cash, credit cards, or checkbooks, and remove all body piercings prior to arriving.**

12. Most surgeries begin on time and the staff will need to prepare you for surgery, so arrive 1-2 hours before your surgery. \*If your surgery is scheduled at 7:30 a.m., please arrive no earlier than 6:30 a.m.



## Special Considerations

- Due to space limitations, patient comfort, and confidentiality, your visitors will be limited to one adult only while in the surgery unit.
- Please do not bring children with you on the day of your surgery.
- If you need a translator, please notify us ahead of time and we will have one available for you.

## *Admission*

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Preceding your surgery, a member of our Business Office will contact you to go over your insurance benefits and make payment arrangements, if necessary. If required, we will obtain authorization from your insurance carrier.

To better serve you, we will verify your demographic information during the same telephone call.

### **Please bring the following information with you on the day of surgery:**

1. Any signed forms or paperwork from your doctor
2. Insurance card(s)
3. Driver's license
4. Payment, based on arrangement
5. Durable Power of Attorney for Healthcare (if you have one)
6. A list of medications you are currently taking (including vitamins, over-the-counter medications, and herbal products).

## *Directions*

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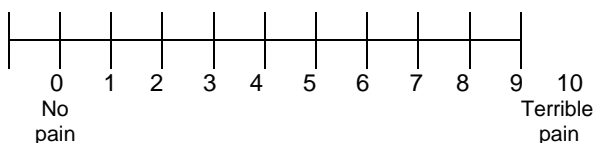
Please call 706-543-9222 if you need directions. We are located just off of Epps Bridge Parkway across from Wal-mart in the same parking lot as Ryans, in The Medical Arts Center.

## *Managing Your Pain*

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After surgery you may experience some discomfort, but managing your pain will assist in a rapid recovery. Each individual experiences pain differently, therefore you can help your doctor and nurses identify your degree of discomfort by using the pain scale below.

Please point to the number that best describes your pain.



Reprinted from Pain Clinical Manual, Second Edition, Margo McCaffery, RN, MS, FAAN, Chris Pasero, RN, MSNC, Chapter Three-Assessment, page 68, Copyright 1999, with permission from Elsevier.

"0" on the scale means no pain; and a "10" means the worst possible pain.

- Talk to your doctor or nurse about pain medications that have or have not worked for you in the past.
- Talk to your doctor or nurse about any concerns you have about post-operative pain and what you can expect.
- Report any medication allergies you have.
- Because pain becomes harder to ease once it has taken hold, ask for pain medication before pain becomes severe and take medication as directed.
- Do not assume you need less pain medication because your pain has subsided.
- The doctors and nurses need to know about your pain, so do not feel like a nuisance.



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*GNS Surgery Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.*