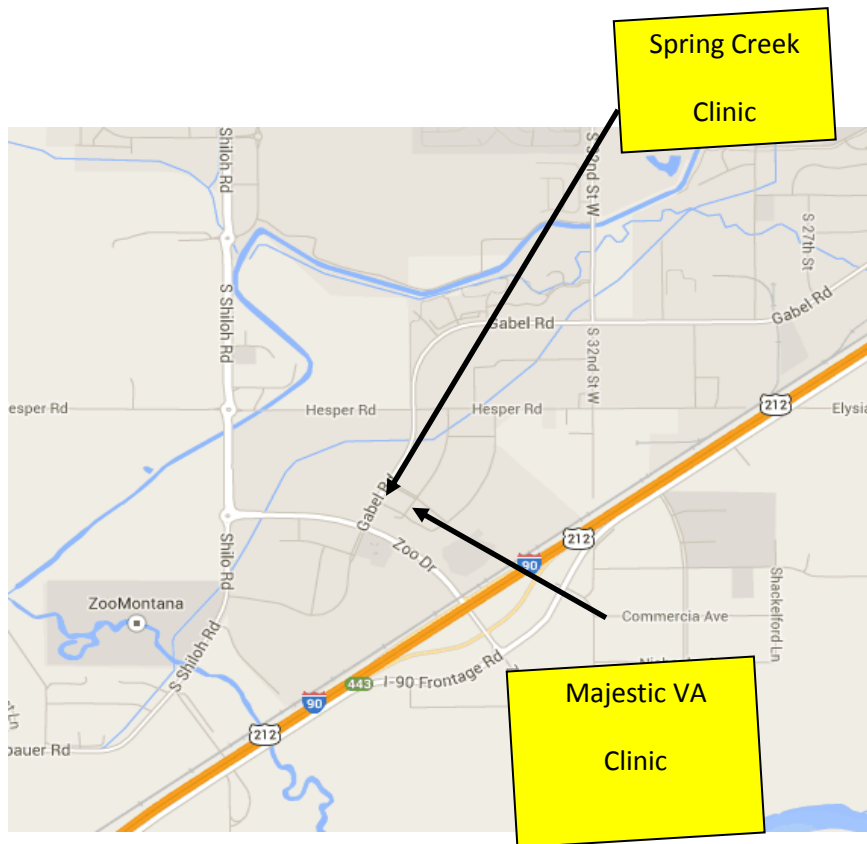




Directions to VA Majestic Clinic



Welcome to the Billings VA Ambulatory (Same Day) Surgery Center

Date of Pre-Op visit with Surgeon: _____

Date of Surgery: _____

Date of Post-Op visit with Surgeon: _____



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

Introduction

This Booklet has been crafted by the VA to help guide you through the surgical process. **Please** read this booklet to help with your recovery. Please contact the VA Surgery Department if you have questions before your surgery at 406-373-3594.

Billings VA Health Care System
1766 Majestic Lane
Billings, MT 59102
406-373-3500/406-373-3594

THANK YOU

For choosing Billings VA Clinic to receive your care!

It is our honor and pleasure to be able to serve you!



NOTES

Our Mission:

To “honor America’s Veterans by providing exceptional health care that improves their health and well-being.”

We strive to provide Veterans with world-class benefits and services they have earned, and will adhere to the highest standards of integrity, commitment, advocacy, respect, and excellence.

Thank you for your service.

Now let us serve you.

QUESTIONS I HAVE ABOUT MY SURGERY:

(Please write down any questions/concerns you have that were not covered during your pre-surgery visit, so you can discuss them with the nurse when they call before your surgery.)



Post-Op Phone Call

A nurse will call you a few days after your surgery to check on your recovery.

Questions the nurse may ask:

- How are you doing?
- Do you have any questions?
- Please tell me your understanding of your doctor's discharge instructions?
- Do you have any suggestions for improving the surgical experience?

PRE SURGERY CHECKLIST

It is important for you to follow these guidelines before surgery to prevent delay or cancellation of your surgery.

- **Medications:** Please follow these instructions carefully.

DO NOT take the following medications the day of surgery: **insulin, diabetes pills, aspirin, ibuprofen, Coumadin, Plavix or other blood thinners** unless otherwise instructed by your Provider.

Directions on your other medications should be provided by your Primary Care Provider, Surgeon or Anesthesia Provider at your pre-surgery visit. If you are taking any medications including: aspirin, ibuprofen or herbal medications, please discuss these medications with your Provider or Surgeon at your pre-surgery visit. They will give you directions about taking these medications in relation to your surgery.

- **Clothing:** Wear loose, casual, comfortable clothing to fit over your dressings. Bring a case for your glasses and or contact lenses as well as saline.



- **Valuables:** Please leave all valuables at home.
- **Shower/Bath:** Take a shower or bath the night before your surgery **and** the morning of your surgery using an antibacterial soap, or as otherwise directed by your Surgeon.

DO NOT shave or attempt to remove hair on the skin in the area where you will have your surgical incision.

Food and Drink: You will receive instructions prior to surgery regarding food and drink intake before surgery.

- **Alcohol:** Do not drink alcohol at least 24 hours before your arrival.
- **Tobacco:** No tobacco 24 hours before your surgery. Smoking before your surgery can cause complications such as breathing difficulties and even pneumonia. Avoid all street drugs, too.
- **Chewing Tobacco:** No chewing tobacco after midnight the day of surgery.
- **Makeup, Nail Polish, Jewelry:** Please remove these items before surgery and leave at home. Please remove any body piercings or jewelry like toe rings, earrings and tongue piercings, etc. In addition do not use any hair products like styling gel, mousse or hairspray on the day of surgery, as these may cause a spark or fire.

Care after Surgery

- You and your escort will receive verbal and written instructions for care after surgery before you will be allowed to go home. It is very important that you follow these instructions.
- It is not unusual to have some pain and discomfort after surgery.

If you experience anything unusual after surgery, please call the Billings VA at 406-373-3594 during regular business hours (8am to 4:30pm Monday through Friday). If you need assistance after hours or on weekends or holidays, please call 1-866-369-8020.

The anesthesia and medication given to you for surgery may make you sleepy or dizzy after your surgery.

For At least 24 hours after surgery, do not:

- Consume any alcoholic beverages.
- Operate a motor vehicle or machinery.
- Take sleeping pills or sedatives.
- Make critical decisions or sign important documents until you have fully recovered from anesthesia.



Admission to the Ambulatory Surgery Center

- After you have checked-in, you will be escorted to a check-in room where the nurse will do a health interview and prepare you for surgery.
- You will change into a surgical gown and slippers before surgery. We will respect your comfort and dignity at all times. We will store your belongings while you are in surgery.
- A member of the anesthesiology staff will discuss your anesthesia with you and answer any questions. When you are ready for surgery, you will be escorted to the operating room.
- During surgery, your escort can wait in the waiting area. There is a snack area in the main lobby where they can access vending machines while they wait.
- Your escort **may** be asked to pick-up medications at the Pharmacy during the waiting time. Your escort must bring a picture ID to pick up medications.

WHAT YOU NEED THE DAY OF SURGERY

- **Information to bring:** Insurance card, Veteran ID Card (VIC Card).
- **Driver:** You **must** have someone drive you home. Do not plan to use a taxi, public transportation or the DAV van drivers. Your driver or escort **must** check-in with you and **must** remain on campus during your surgical procedure. Your surgery will be cancelled if you do not have someone with you to drive you home, and stay with you.
- **Escort:** A friend, relative or dedicated caregiver **is strongly encouraged to** stay with you for 24 hours.
- **Legal Guardian:** A legal guardian **must** be at the VA **AT ALL TIMES** for dependent adults.



ARRIVING AT THE AMBULATORY SURGERY CENTER

Notify the Check-in: When you arrive at the Ambulatory Surgery Center, we ask that you check-in with the clerk inside of the Surgery Waiting Room (located just inside the automatic doors through door on your left, in the Majestic Building). Please check in with the clerk even if you have already checked in at a kiosk. At the time of check-in, you will be asked to verify your insurance (if applicable), personal and driver information. Please be advised that your surgery will be cancelled if you do not have a driver or an escort.

**Please see Directions and Map to the Majestic VA
Clinic located on the back of this brochure.**

**Main Entrance located just behind and to the South
of the Spring Creek Clinic.**



Updated June 2017

