



WHAT TO KNOW BEFORE YOUR SURGERY

Welcome to The Valley Hospital, and thank you for choosing us for your care. Whether you are having surgery at our main campus in Ridgewood or at our Luckow Pavilion in Paramus, we are prepared and ready to serve you and your family. It is very important that you read and follow all the pre- and post-surgical instructions ahead of time. Also, please review instructions given to you by your surgeon.

Pre-Admission Testing

Please discuss with your surgeon if a medical consultation (a physical exam by your primary care physician) is necessary. *Often this is required* when having any type of anesthesia, along with blood work, a cardiogram (EKG), and a routine urine analysis. **NOTE:** Some surgical procedures require a special blood typing/antibody test, which must be done by the Pre-Surgical Screening Department.

For your convenience, pre-admission testing can be done at the Pre-Surgical Screening Department within 30 days of your surgery. We are located at the Luckow Pavilion, One Valley Health Plaza, Paramus, NJ. Please call 201-634-5315, Monday through Friday between 8 a.m. and 4:30 p.m. **Appointment hours are Monday through Friday, 7 a.m. to 5 p.m.** Please understand that we do not perform a “medical consult” at the PAT visit, because that is a physical exam done by a physician. We can do the blood work, EKG, urine and chest X-ray, if required. **Please arrive on time for all appointments.**

Although many patients choose The Valley Hospital’s Pre-Surgical Screening Department for their pre-admission testing, you may choose to utilize a different facility. If you choose another facility, it is your responsibility to work with your primary care physician and your surgeon to make sure that your testing results (blood work, EKG, and medical consultation if needed) are faxed to the Pre-Surgical Screening Department 48 hours before your day of surgery. If you have any questions, we ask you to contact your primary care physician’s office and your surgeon’s office directly. **Test results must be faxed 48 hours before your day of surgery to the Pre-Surgical Screening Department at 1-866-616-1891 and to your surgeon’s office.**

About Your Medications

If you take a daily aspirin, or if you take a blood thinner, you must talk with your surgeon and primary care physician or cardiologist. **Patients with CARDIAC STENTS require special consideration. Most cases should NOT stop aspirin prior to and including the day of surgery. You may be canceled if this is not addressed. You must discuss this with your Primary Care Physician, Cardiologist, and Surgeon.** Otherwise, please do not take aspirin, Advil, Aleve, Motrin/ibuprofen, Vitamin E, fish oil, any herbal supplements, or similar products for 7 days prior to your surgery. Acetaminophen (Tylenol) can be used right up to the day of surgery. If you have diabetes, you must talk with your primary care physician or endocrinologist regarding your diabetic medication for the day of surgery.

DO NOT STOP TAKING ANY PRESCRIPTION MEDICATIONS WITHOUT FIRST CHECKING WITH YOUR DOCTORS.

If you are taking chronic pain medications through a pain management physician outside of The Valley Hospital, you need to receive instructions from that physician about pain management relating to your surgery. You may be required to consult with a Valley Pain Management physician, located at the Luckow Pavilion in Paramus, to address immediate post-operative pain while in the Post Anesthesia Care Unit (recovery room). If you are currently a Valley Pain Management patient, please notify them of your upcoming date of surgery so they may be available for you.

Personal Items

Do not wear any jewelry, body piercings, and dermal anchors to the hospital regardless of where they are on your body. If you wear contact lenses, please wear glasses that day if possible or bring in your own lens containers. Your contacts must be removed before going for your surgery. Do not wear eye makeup. Remove nail polish, including gel manicure or artificial nails if surgery is being performed on your hands or feet. **Failure to comply with these requirements may result in the cancellation of your surgery.**

Telephone Calls to You

You will receive telephone calls prior to your surgery to properly prepare you and secure the required medical information. One call will be to confirm your identification, demographics and insurance information. A registered nurse will attempt to reach you to review your medical history and record any medications you may be taking. The nurse will also reinforce some of the pre-operative instructions.

Insurance

We do not pre-certify or pre-authorize any procedures. The insurance process begins at your surgeon's office. The Valley Hospital pre-registration staff will be calling you to document your demographics and insurance information, as well as answer any questions or concerns regarding insurance benefits and your financial responsibility. If you do have a co-pay or deductible, it can be handled during that phone call to free you of this task on your day of surgery. If you have additional questions, the following contacts may be able to help you: Patient Financial Services (billing), 201-291-6080; and Bergen Anesthesia Billing Office, 201-847-9320.