



Your guide to surgery

 **Reid Health**
Perioperative Care

What is Reid Health Perioperative Care

Reid Perioperative Care uses the latest medical research to help us identify patients more at risk for complications and work to prevent most of the potential complications. This is your Pre-anesthesia testing.

Reid Health is among a few leading systems in the nation that have created these specialized clinics to evaluate patients before surgery. Our clinic model is based on the latest science and best practices established at hospitals like the Cleveland Clinic and the Mayo Clinic.

Your surgeon believes you can benefit from a referral to our office. Our process will involve an evaluation designed to reduce your risks and safety for anesthesia.

If you've had surgery previously, it is likely that this new process will be different from what you've experienced before - but it is all aimed at taking proven steps to ensure your surgery is successful.

What to expect at your appointment

You will be contacted by the Perioperative Care nurse before your appointment. **Please plan for a 1-2 hour visit.** At your visit, you will be asked questions about your medical history, medications, testing, your providers/specialists you have seen and much more. At your appointment we may do some lab testing or refer you to see a specialist. **You do not need to fast for your appointment.**

Day of appointment:

- It is requested you complete and bring the form on page 2, to your appointment
- **Bring your medications, prescription and over the counter, in their original bottles with you.** *Please do not bring only a written medication list.*
- Bring your assigned surgical coach (family or friend who will be helping you while you have surgery) if they are available.
- Stop any herbal medication one week prior to surgery
- Wear comfortable walking shoes as you may need to walk on a treadmill

IMPORTANT NUMBERS

Reid Perioperative Care
(765) 935-8454

Reid Rehabilitation Services
(765) 983-3092

Patient Financial Services
(765) 983-3184

**Learn more about
what Reid Health
Perioperative Care offers**



If you have any questions about the process, please call (765) 935-8454.

ReidHealth.org



Please fill out this form and bring it with you to your appointment

Medications

List any recent changes to your medications:

Providers

List any specialist(s) you may be seeing:

Your plans after surgery

Who will be your **surgical coach** (family or friend dedicated to your recovery during the process)? Please have their contact information with you at your appointment.

We advise if possible, your surgical coach comes with you to your appointment

What are your plans for discharge? If you are going home, do you feel your home is safe for your recovery?

Do you anticipate having any needs after surgery in your home (example: walker, bedside commode, oxygen, wheelchair, etc.) Please list these items:

How will you be planning meals? _____

Do you have transportation needs? _____

If you have any questions about the process, please call (765) 935-8454.

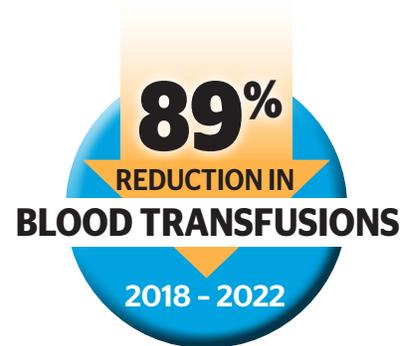
ReidHealth.org



Your guide to surgery

Did you know...?

- More than 35 million people have surgery in the U.S. each year.
- Reid Health Perioperative Care uses the latest medical research to help identify patients more at risk for complications and work to prevent most of the potential complications.



FAQs

Is there a fee for my appointment?

The clinic fee is the same co-pay you would have for an office visit.

Will my providers be made aware of my visit?

Yes. We will work with your doctor/provider/specialist. We will communicate frequently with your primary care physician and your surgeon, including a detailed report when we have completed your evaluation and determined you are ready for surgery.

What might I experience once I am home?

Once home after surgery, you may experience constipation from pain medications, nausea or vomiting, decreased appetite, fever, or increased pain. You may receive a phone call from one of our nurse navigators to help you through some of these issues. If you haven't received a phone call from a nurse navigator after surgery and need help, please reach out using the phone number below or contact your primary care provider.

Emergency Room vs. Call Navigator

AFTER SURGERY, if at any time you do NOT feel well, please DO NOT wait until the end of the day. Please contact your primary care doctor EARLY so you may seek medical care before the office closes. This is FOR NON EMERGENCIES ONLY which can lead to long wait time in the Emergency Room and urgent care. You may also contact your nurse navigator at the Perioperative Care and they can help you get prompt medical attention.

If you have any questions about the process, please call (765) 935-8454.

ReidHealth.org



Preparing for a successful recovery after surgery

Now that it has been decided that surgery is part of your plan, your recovery is an important part of planning. Your surgeon will talk to you about what your recovery will be like and what will be your safest plan. Discharge planning should be discussed with you and your surgical coach before you have your surgery. Being prepared for a restful recovery will help you get back to your normal life quicker.

At home with additional care

Our navigators can identify areas for arranging care for certain assistance at home. This may include: nursing care, personal care assistant, physical or occupational therapy or supplies.

(Some services are dependent on insurance coverage.)

At home with support from surgical coach

Your surgery coach can help with bathing, meals, transportation to follow-up appointments, etc.

If it is not safe for you to return home after your surgery, you may stay at a facility to help you with your recovery. Every insurance policy has different coverage and eligibility. You will need to make these plans with your surgeons team.

When is it truly an emergency?

Some pain after surgery is to be expected. Often patients are concerned by levels of pain after a procedure, especially after anesthesia or pain-controlling medications have worn off after leaving the hospital.

Some pain is normal following a procedure, but if you experience the following, please contact your doctor immediately:

- Developing fever or chills
- Redness, swelling, or discharge from the surgical sight.
- Nausea or vomiting that worsens over time
- Pain that does not get better with medication
- Swelling in feet or legs

Call 911 immediately if you experience **chest pain** or **difficulty breathing**.

If you have any questions about the process, please call (765) 935-8454.

ReidHealth.org

Your Periop team



Miranda Moore, PA-C

Kathryn Pointis, FNP

Annuradha Bhandari, MD

Tyler Rigney, DO

Tracie Kinney, FNP-C

Medical Director

Reid Health Perioperative Care TWO LOCATIONS

1 1050 Reid Pkwy., Suite 100

2 1400 Highland Rd., Suite 3

Richmond, IN 47374

(765) 935-8454

**Mon. - Fri.,
7 a.m. - 4 p.m.**
ReidHealth.org



2
Reid Health Comprehensive Bone & Joint Center
1400 Highland Rd.
(765) 962-4444

1
Reid Health Medical Office Building
1050 Reid Pkwy.

Reid Health Outpatient Surgery & Inpatient Hospital
1100 Reid Pkwy.

Reid Health Rehabilitation Services
2021 Chester Blvd.
(765) 983-3092

IMPORTANT NUMBERS

Reid Perioperative Care
(765) 935-8454

Reid Rehabilitation Services
(765) 983-3092

Patient Financial Services
(765) 983-3184

Learn more about what Reid Health Perioperative Care offers



Notes: _____

If you have any questions about the process, please call (765) 935-8454.

ReidHealth.org