

Directions to Harbor Heights Surgery Center

6710 Oxon Hill Road, Suite 500
Oxon Hill, MD 20745-1117

Directions to center from Virginia

- Take I-95 to Baltimore
- Keep left at the fork to continue on I-495 E/I-95 N
- Once on I-495 E, keep left to stay in main lanes
- Take exit 3A toward MD-210 N
- Keep right, follow signs for MD-210 N/Forest Heights
- Turn right, building will be on the right

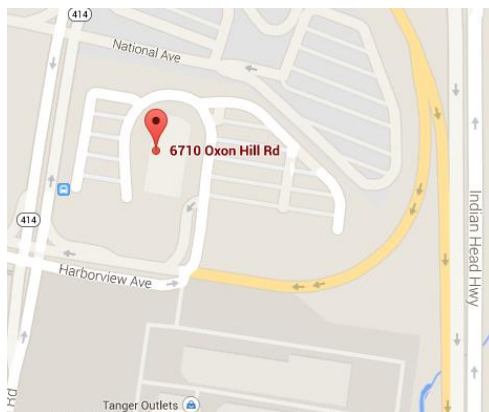
Directions to center from Maryland From I-495 S:

- Take I-495 S
- Take exit 3A for MD-210 N/Forest Heights
- Turn right, building will be on the right

From I-295 S/Balt/Wash Pkwy Towards Washington

- Use the 2nd from left lane to take exit 1A-1B for I-95 N/I-495 N/MD-210 toward Baltimore
- Use the middle lane to continue on Exit 1A and follow signs for I-95 N/Baltimore/MD-210/Indian Head
- Keep right, follow signs for MD-210 N/Forest Heights
- Turn right, building will be on the right

***The entrance to the building faces
Tanger Blvd.



For your convenience Hotels in the area:

The Westin:

171 Waterfront Street
National Harbor, MD 20745

The Residence Inn:

192 Waterfront Street
National Harbor, MD 20745

Hampton Inn:

250 Waterfront Street
National Harbor, MD 20745

Aloft:

156 Waterfront Street
National Harbor, MD 20745

**Thank you for choosing
Harbor Heights Surgery Center.
Please don't hesitate
to call us at 240.493.7533
should you have any questions.**



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Please Remember....

Unless you have been told otherwise:

**DO NOT EAT OR DRINK ANYTHING
AFTER MIDNIGHT THE NIGHT
BEFORE YOUR SURGERY.**

Surgery Reminder

Physician: _____

Date of Surgery: _____

Time: _____

The building does not open until 7:00 am, if you arrive prior to that, please go to the handicap entrance to the right of the main door, pick up the phone and hold down the button on the hand-piece. It will ring to Security- tell them you are here for Harbor Heights Surgery Center and they will release the (handicap) door for you to enter.



SPECIALTIES

Orthopedic
Spine
General
ENT
Hand
Podiatry

6710 Oxon Hill Road
Suite 500
Oxon Hill, MD 20745-1117

Phone: 240.493.7533
Fax: 240.493.7961

www.harborheightssc.com



What Sets us Apart?

Harbor Heights Surgery Center is licensed by the State of Maryland and was established by clinical personnel to offer safe, high-quality surgical care. We offer a modern facility that is cost-effective and creates a caring, comfortable environment. The surgeons themselves select the highest quality staff and equipment and have complete control over the surgical process.

We are committed to excellence in our work and the highest level of personal care for each one of our patients. Our center meets the highest industry standards for top-quality health care, is certified by Medicare, licensed by the state, and fully accredited by the Joint Commission, a not-for-profit organization that accredits and certifies nearly 21,000 health care organizations and programs in the U.S.

We look forward to providing personalized service and excellent medical care for your surgical needs. If you would like to stay overnight near our center's location before surgery, there are some hotels in the nearby area for your convenience. If you have any questions please feel free to call our center. Thank you for choosing Harbor Heights Surgery Center.

Before Your Surgery

A nurse from Harbor Heights Surgery Center will contact you prior to your surgery to review your health history, medications and pre-operative instructions.

Please notify your surgeon if there is a change in your physical condition such as cold, fever or respiratory problems.

Do not eat or drink anything after midnight the night before your operation, including no hard candy or cigarettes. If your child is the patient, please be careful to monitor this. Also, please follow any other special instructions your surgeon may have given you. Failure to follow these instructions may result in cancellation of your surgery.

Please be sure to tell your surgeon if you are on any type of blood thinners or aspirin. Please do not take any medications after midnight unless instructed by your surgeon or the nurse at our center.

It is extremely important to arrange for a responsible adult to accompany you to the Harbor Heights Surgery Center and remain with you the first 24 hours after surgery.



Day of Surgery

Wear loose, comfortable clothing that is large enough to accommodate a large bandage after surgery. Wear comfortable shoes such as slip-ons, no high heels.

You will need to change into a surgical gown.

Do not wear any jewelry (including body piercing), makeup or cologne. Do not bring any valuables with you.

Bring your drivers license and all insurance cards.

Wearing contact lenses is NOT advised. We provide containers for removable dentures and bridgework.

If your child is having surgery, feel free to bring a favorite stuffed animal or security blanket for added assurance.

Helpful Reminders

Please limit the number of family or friends who come with you. Seating is very limited.

If you are driving more than 30 minutes, put one or two pillows in your car so you can elevate the operative extremity.

Females may need to give a urine sample for a pregnancy test pre-operatively.

If you or your family need the services of a foreign-language or hearing impaired interpreter, please call to arrange for one at no cost to you **prior to the day of surgery.**

After Your Surgery

You will be discharged to your car by wheelchair. **If anesthesia has been administered, you must have a responsible adult present to drive you home and to care for you following surgery.**

Your physician will provide post-operative instructions regarding diet, rest, exercise and medications. You will be provided with a written summary of these discharge instructions.

A nurse from the Surgery Center will attempt to call you the day after your surgery to check on your progress and discuss any questions you may have. If you have any unexpected problems, please call your doctor. If he/she does not respond, please go to the nearest emergency room.



Billing Information

You will be informed about any coinsurance due for your surgery during your pre-operative call. This amount is due prior to or on the day of your surgery. Please remember to bring a form of payment with you. We accept cash, checks, and major credit cards.

After surgery Harbor Heights Surgery Center will submit your bill to your insurance company. You will receive a separate bill from your doctor, anesthesiologist and/or pathologist.

Please do not hesitate to contact our business office with any concerns or questions regarding your coinsurance obligation and/or payment options.