



**Tri-State**  
Surgery Center

80 Landings Drive, Suite 101  
Washington, PA 15301  
724-225-8800  
Fax: 724-225-7909  
[www.tri-statesurgery.com](http://www.tri-statesurgery.com)



# Patient Education Guide

Preparing you for your procedure and recovery

## OUR SERVICES INCLUDE:

- Ear, Nose & Throat Surgery
- Gastrointestinal Procedures
- General Surgery
- Interventional Pain Management
- Ophthalmologic Surgery
- Orthopedic Surgery
- Plastic and Reconstructive Surgery
- Podiatric Surgery
- Urologic Surgery

## WE OFFER:

- Quality care with patient safety and satisfaction as our main concern
- Highly trained & compassionate physicians & staff
- State-of-the-art medical equipment
- Comfortable and modern environment
- Convenient location
- Free parking
- Free Wi-Fi
- Individualized, personal care

*TriState Surgery Center licensed by  
the Pennsylvania Department of Health  
and Nationally Accredited by the*



ACCREDITATION  
ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.



# welcome

You have made an excellent decision by selecting a surgeon who chooses Tri-State Surgery Center. We have an experienced, caring staff whose goal is to make your time spent with us as pleasant as possible with safety as a priority.

This handbook has been provided to help prepare you for your upcoming procedure and recovery.

Please keep this handbook until after your procedure and feel free to call us at 724-225-8800 with any questions.

Tri-State Surgery Center is committed to providing peace of mind to our patients and their families as they are facing surgery.

## **Surgical Nurse Concierge**

**Phone: 724-225-8800 Ext. 112**

**Fax: 724-225-7626**

Having a procedure can be overwhelming. You may have questions that arise and when they do, rest assured, our **Surgical Nurse Concierge** will be here to help guide you along the way. Just pick up the phone and call us Monday through Friday from 8:00 am until 4:00 pm. One of our highly experienced nurses will answer your questions or find you the answers you need.

Please provide us with a cell phone number to assure that we are able to reach you with your arrival time and important information and your procedure.

# SURGICAL PATIENT PORTAL

**At Tri-State Surgery Center your safety is our priority.** In order for us to prepare for you and your procedure we need to know about your health history, medications, and previous surgeries.

**To prevent cancellations or delays go online today to complete your health history.** This will allow your medical team time to review your information prior to your visit. We will call you if we have any questions or concerns.

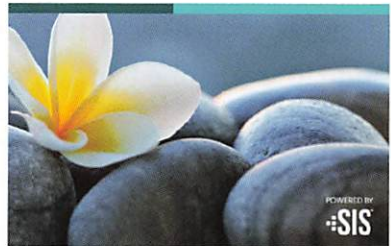
**Be on the lookout for an email or text message welcoming you to our surgical patient portal!**

*This portal will allow you to complete your pre-surgical questionnaire online instead of answering these questions over the phone. When you complete the online questionnaire, your responses will be reviewed by a nurse, who will contact you by phone if there are any additional questions.*

*You will also have access to your pre-surgical instructions and can access them at any time by clicking on the link in the email or text message.*

- **Do I need to download an app for this?**  
No, by clicking the link in the email or text message, you will be brought to the login screen in your web browser.
- **Do I need to create an account and password?**  
No, your secure link will allow you to log in using your name and date of birth

*Please contact your Surgical Nurse Concierge if you have any additional questions.*



Patient Sign In

**Sign In**



# Use this checklist to prevent your procedure from being canceled or delayed.



## Surgery Checklist

### When your procedure is scheduled

- Be on the look out for an email or text to complete your online questionnaire. Make sure your cell phone number is correct.
- If pre-testing is required, get this done as soon as possible. All results must be faxed or delivered to the surgery center prior to your procedure.  
Fax:(724)225-7626
- If you take a medication to thin your blood, ask your surgeon's office if you need to stop it. It may need to be stopped up to a week in advance. This includes: aspirin, ibuprofen, Motrin, Advil, Pepto Bismol, Alka Seltzer Cold Plus, Aspergum, and more. If you have questions about a specific medication, contact your surgeon's office.
- Arrange for someone to drive you home from Tri-State Surgery Center and to remain with you for 24 hours after your procedure. If you do not have a driver your procedure will be canceled if your procedure requires anesthesia (medication to make you sleepy).

### The Day before Surgery

- Follow "special" instructions from your physician.
- Typically, you may eat solid food and drink liquids until midnight. Do not eat or drink after midnight unless otherwise instructed.
- Do not drink alcoholic beverages 24 hours prior to surgery.
- Take your medications unless otherwise instructed by your physician. If diabetic, call your family physician for special instructions concerning your medications.
- Do not use tobacco or tobacco products after midnight, including chewing tobacco.
- Please bathe/shower.
- Call your physician if you develop a fever, cough, cold or flu-like symptoms.
- Notify your surgeon's office if you have artificial/acrylic/gel nails and are scheduled for surgery on your arm, hand or shoulder.
- You will receive your arrival time around 2:30pm the day before your procedure.

## The Day of Surgery

- Arrive at the Tri-State Surgery Center at the specified time.
- Arrange for someone to drive you home and to stay with you for 24 hours after your surgery or YOU MAY RISK CANCELLATION OF YOUR PROCEDURE.
- Wear comfortable clothing that is easily removed.
- Do not wear jewelry. Leave all valuables at home.
- Do not wear make-up
- Do not wear contact lenses. Bring your eye glasses and a case.
- You may brush your teeth and use mouthwash, but do not chew gum, use breath mints or cough drops.
- We recommend that your family member/driver remains in the waiting room until discharged. Snack and beverage machines along with free Wi-Fi are available for their convenience.

## Please remember to bring the following:

- Insurance cards and photo ID
- Your co-pay and/or deductible required by your insurance
- Any forms and/or papers from your surgeon
- Health Care Power of Attorney and/or Living Will - if applicable
- Crutches, canes, walkers or other assistive devices if you use them
- If you did not provide your medication list online or over the phone, bring it with you. Include dosage & frequency for all prescriptions, over the counter, vitamins & herbal supplements.

## Specific Information for Patients who are Minors

- **Young children may bring a favorite toy/security object, pacifier, or bottle/cup for use after their procedure/surgery.**
- **A parent/legal guardian must accompany minors and remain at the surgery center throughout the visit.**
- **If a legal guardian will be signing consent for treatment legal paperwork must be presented.**
- **Parents are to remain with their child up to the time of the procedure**
- **Let your child know where you will be waiting and assure them that you will see them after their procedure is over.**
- **You may rejoin your child, one parent at a time, in the recovery room.**
- **Your child may be unsteady after sedation/anesthesia. Please plan to supervise all activities for 24 hours following their surgery. Specific activity limitations will be given to you at discharge.**
- **Children under the age of 18, who are not themselves patients, will not be permitted at the center.**



## Following your Surgery

- After your procedure/surgery, you will be taken to the recovery area. The length of stay will depend upon the type of surgery and anesthesia you received.
- Upon awakening, you will progressively move to sitting up, drinking clear liquids, and then be discharged. Your family/escort will be able to join you at this time.
- If you are uncomfortable or feel ill, please tell your nurse. If necessary, medication may be administered.
- A nurse will give you instructions that detail what you should and should not do during the days following your procedure/surgery.
- Make sure you understand how to take care of your wound.
- In the event of a medical need, you would be transferred and may require admission to another facility/hospital.

When you return home, do not hesitate to contact your surgeon immediately with any questions or any problems you may be experiencing. In case of an emergency, call your physician or go to the nearest emergency room.

## Tips for preventing infection following surgery

Most patients who have surgery do not develop an infection. However, the risk of infection in patients having surgery is about one to three out of every 100 patients. Doctors and nurses in the surgery center do many things to prevent these infections. However, there are actions that patients and family members can take to help lower the risk of infection.

### When you get home

- Avoid touching your incision area(s).
- Before and after providing care to your incision area(s), wash your hands or use an alcohol-based hand sanitizer and have any family member helping with your care do the same.
- If you have any signs/symptoms of an infection such as redness, pain, fever or cloudy drainage, call your doctor immediately.
- Until the incision is completely healed, always use a clean washcloth for the incision area(s). Do not use the same washcloth used for the rest of your body.
- Keep clean sheets on your bed and make sure the clothes that come in contact with your incision area are clean.
- Keep pets away from the incision area until healed.
- If you do not see caregivers clean their hands before they care for you, please ask them to do so.
- Keep all post surgery appointments with your doctor.



## Insurance & Financial Information

We want you to clearly understand any fees, insurance and billing policies. Contact us if we can help.

**Billing Department: 724-225-8800 Ext. 117**

- Patients are responsible for paying their co-payments, coinsurance, and/or deductibles at the time of registration.
- For your convenience we accept Visa, MasterCard, Discover, American Express, cash and personal checks.
- Should any payment be rejected, payment in full is due from the responsible party within 30 days.
- Tri-State Surgery Center's fee includes the facility fee and general supplies. Anesthesia, radiology, pathology, physician's fees, and pre-testing fees are billed separately.
- We verify insurance eligibility and determine the patient's financial responsibility. However, final financial responsibility of the patient is not determined until the claim is completely processed by the insurance carrier.
- To assure there is clear understanding, we strongly encourage that the patient contact their insurance company prior to the procedure regarding their financial obligation.
- Emphasize to the insurance company that the procedure is being performed in an "outpatient/ambulatory surgery center" when discussing co-payments, co-insurances and/or deductibles to assure you receive accurate information.
- The patient is fully responsible for paying any additional balance due for his/her services as promptly as possible after the claims are processed.

### Investors

*The ownership of this facility is a partnership between the Washington Health System and individual physician partners. Your physician may be one of the partners. This means he/she may have a financial interest in Tri-State Surgery Center.*

*A complete list of our physician partners is posted in the waiting area of the center. It is also available on our website [www.tri-statesurgery.com](http://www.tri-statesurgery.com) or by calling 724-225-8800.*

*Please discuss this with your physician if this is a concern.*

**Our mission is to provide cost-effective outpatient services using modern, state-of-the-art technology in a friendly and caring environment by highly-skilled, compassionate staff serving Washington, Pennsylvania and surrounding communities.**

*The following information is posted in the waiting area of the center. It is also available on our website [www.tri-statesurgery.com](http://www.tri-statesurgery.com) or by calling 724-225-8800.*

- Notice of Privacy Practices
- Statement of Patient's Rights and Responsibilities
- Advance Directives for Health Care or Living Wills





# Tri-State Surgery Center

80 LANDINGS DRIVE  
SUITE 101  
WASHINGTON, PA 15301  
724-225-8800

## DIRECTIONS:

### FROM THE NORTH OR WEST:

Take I-79 South toward Washington PA  
At exit 41, take ramp right for Race Track Road – toward Meadow Lands – 0.2 mi  
Turn left onto Racetrack Rd – 1.3 mi  
Turn right onto US-19 / Washington Rd – 0.9 mi  
Turn right at 2nd traffic light onto Helen Drive  
Turn Left at the end onto Landings Drive  
Turn left into our parking lot

### FROM THE SOUTH OR EAST:

Take I-79 North / I-70 West toward Washington PA  
At exit 19 take ramp right  
Bear right onto US-19 / Washington Rd – 1.6 mi  
Turn left at traffic light onto Helen Drive. Speedway is on your left.  
Turn left at the end of road onto Landings Drive  
Turn left into our parking lot

