

This web information is part of our personal service to you to make sure you know what to expect before and after your surgery.

Remember, if you have any questions or concerns not addressed by our web information, you may call 515-273-5240 at any time.

Before the Day of Surgery

One or two days before your planned surgery, you will be contacted by a member of our nursing staff who will review your medical history, including any medications you are currently taking. The nurse will also provide instructions on how to prepare for your surgery and arrival time at the surgery center. If any change occurs in your physical condition, such as cold or fever, please contact your physician's office immediately.

The evening prior to surgery, it is extremely important for you to follow the instructions given to you by our nurse regarding food and drink.

In general, after you eat a normal dinner the night before your surgery, do not eat any additional food, or drink more than sips of water. On the phone, your nurse may provide additional, more specific instructions regarding food and drink.

Do not take medications after midnight, unless specifically instructed to do so by your physician or our nurse. If you have diabetes, or are taking blood pressure or heart medication, please get specific instructions from your physician. If you do need to take medication, please swallow it with only a small amount of water.

Remember, if you fail to follow these guidelines, for your safety it may be necessary to cancel and reschedule your surgery.

At Home the Morning of Surgery

The morning of your surgery, please bathe or shower, but do not use any lotions or oils after bathing. You may brush your teeth, but remember not to swallow anything.

Wear loose, comfortable clothing that is big enough to accommodate a large bandage after surgery. Also wear comfortable shoes, not sandals or high heels.

Please leave any jewelry, cash or valuables at home, but do bring all of your insurance cards and a driver's license or other photo ID with you.

Arrival at Lakeview Surgery Center

Plan to arrive at Lakeview Surgery Center one-hour before your scheduled surgery time, unless a member of our staff has told you otherwise.

You should plan for assistance with your travel and return home. It is necessary to have a family member or friend drive you home following your surgery and also to stay with you for 24 hours after you return home.

Getting to the center and parking is easy. The Lakeview Surgery Center is conveniently located off of 60th and University Avenue in West Des Moines, Iowa. There is a large parking lot adjacent to the main entrance. (**see our web map**)

Check in at our reception desk in the main lobby. There, you will provide your insurance information and will be asked to sign a form giving your consent for the surgery. (Any patient under the age of 18 must have their parent or guardians sign the consent form.)

Billing and Charges for Lakeview Surgery Center

Charges at the Lakeview Surgery Center are based on a fee for each procedure performed. Prior to surgery, you will be notified by our office staff of your estimated insurance coverage. We require that you pay any co-pay or co-insurance fees on the day of your surgery. Following surgery, we will file your insurance papers for you. Cosmetic procedure fees will be collected prior to surgery. Anesthesia charges, lab, radiology (if applicable) and your physician's fees will be billed separately. For your convenience, we accept cash, personal checks, Visa, MasterCard, Discover and American Express.

What the Nurses and Anesthesiologists Will Ask

Prior to your surgery, a nurse will confirm your surgery procedure with you, and reconfirm information about your health history, ask how you are feeling and check again to see if you have any allergies. Your nurse will also check your temperature, heart rate and blood pressure. Be sure to ask any questions you may have during this time.

Before surgery, you will also meet with your Anesthesiologist. There may be options for the form of anesthesia used for the operation, which will be discussed with you.

Waking Up After Surgery

Lakeview Surgery Center surgery suites are equipped with the state of the art in medical technology to assist you and your physician during surgery.

Most surgical procedures we perform last between one to three hours. Your friend or family member is welcome to wait for you in our large, comfortable lobby area.

When you wake up, you'll be in our recovery room. There, nursing staff will closely observe you and monitor your vital signs following surgery.

Depending on the nature of your surgery, you may also need to stay in an individual patient recovery room for a period of time for care and observation.

Home Recovery

Remember, you will not be able to drive yourself home or be left alone following surgery.

When you are ready to go home, a nurse will review with you the instructions from your doctor. Be sure to follow your physician's instructions regarding rest, diet, medications and activity once you go home. You should start your diet with clear liquids (such as 7-UP, jello, apple juice, popsicles) unless directed otherwise. Within a day, you should be back to your normal diet.

Even if you feel great right after your surgery, you will need to take it easy. Rest is important to help you get better.

It is normal to feel drowsy, dizzy or lightheaded after receiving anesthesia. Therefore, plan to refrain from the following activities for 24 hours after your surgery:

- Signing important papers or making important decisions
- Driving or operating any equipment
- Smoking or drinking alcoholic beverages

If you have any questions or problems following your surgery, please contact your physician's office.

A nurse from Lakeview Surgery Center will contact you by phone the day after your surgery to see how you are feeling and to answer any additional questions you may have. (If your surgery is on a Friday, a nurse will call you on the following Monday.)

We want your surgery at Lakeview Surgery Center to be a great experience and want to do everything we can to help you.

If you would like to request any additional information or have questions regarding our fees or payment policies, please do not hesitate to contact our business office at 515-273-5240.