

# Welcome

Thank you for choosing our facility. Our state-of-the-art, accredited center is designed to provide you with safe, high-quality healthcare in a comfortable and efficiently managed setting. Our team of medical professionals understands that caring for your health means taking the time to listen and doing the little extras that help you relax.

This information will familiarize you with our center and provide answers to many of your questions.

## Preregistration

Instead of a lengthy screening phone call, you can preregister online at [sutterhealth.org/apogee](https://sutterhealth.org/apogee). Fill out the easy online questionnaire to submit your medical information and review any disclosures and instructions. You'll enjoy the convenience of choosing when and where to enter your medical data and the ability to save, reuse and print your health history. Your medical information is then immediately available to the facility in a consistent, legible format and allows staff to quickly review and verify your information in advance of a call or a visit.



If you prefer to speak with a nurse to complete this registration, please call **530-241-5499**.

## Your Procedure Is Scheduled:

Date: \_\_\_\_\_

Apogee Surgery Center is accessible to patients with disabilities and without regard to race, ethnicity, origin, color, creed, religion, sex or age.

For more information about our surgery center, visit [sutterhealth.org/apogee](https://sutterhealth.org/apogee).

### Hours

Monday – Friday  
7 a.m. to 5 p.m.

## Specialties at the Center

- Ear, Nose and Throat
- Orthopedics
- Pain
- Podiatry
- Total Joint Replacement

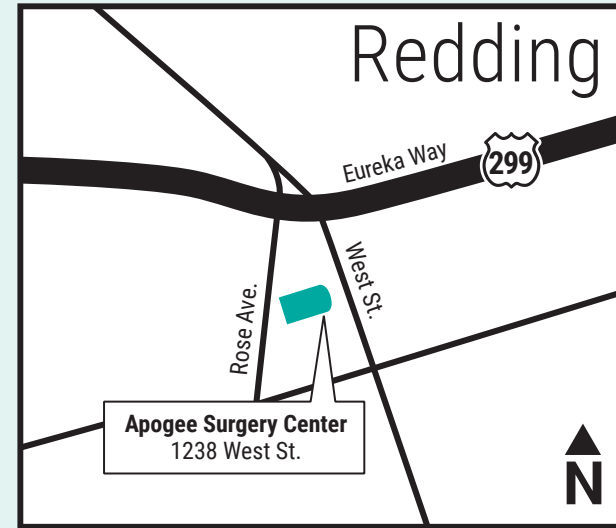
Because every case is different, be sure you understand what you need to do to prepare for and recover from your procedure. If you need additional advice, please call your doctor.

We appreciate your trust in our staff, and we honor that trust by providing the highest quality of medical care.

We're committed to providing quality service. For patient care comments, please call **530-241-5499** and ask for the administrator.



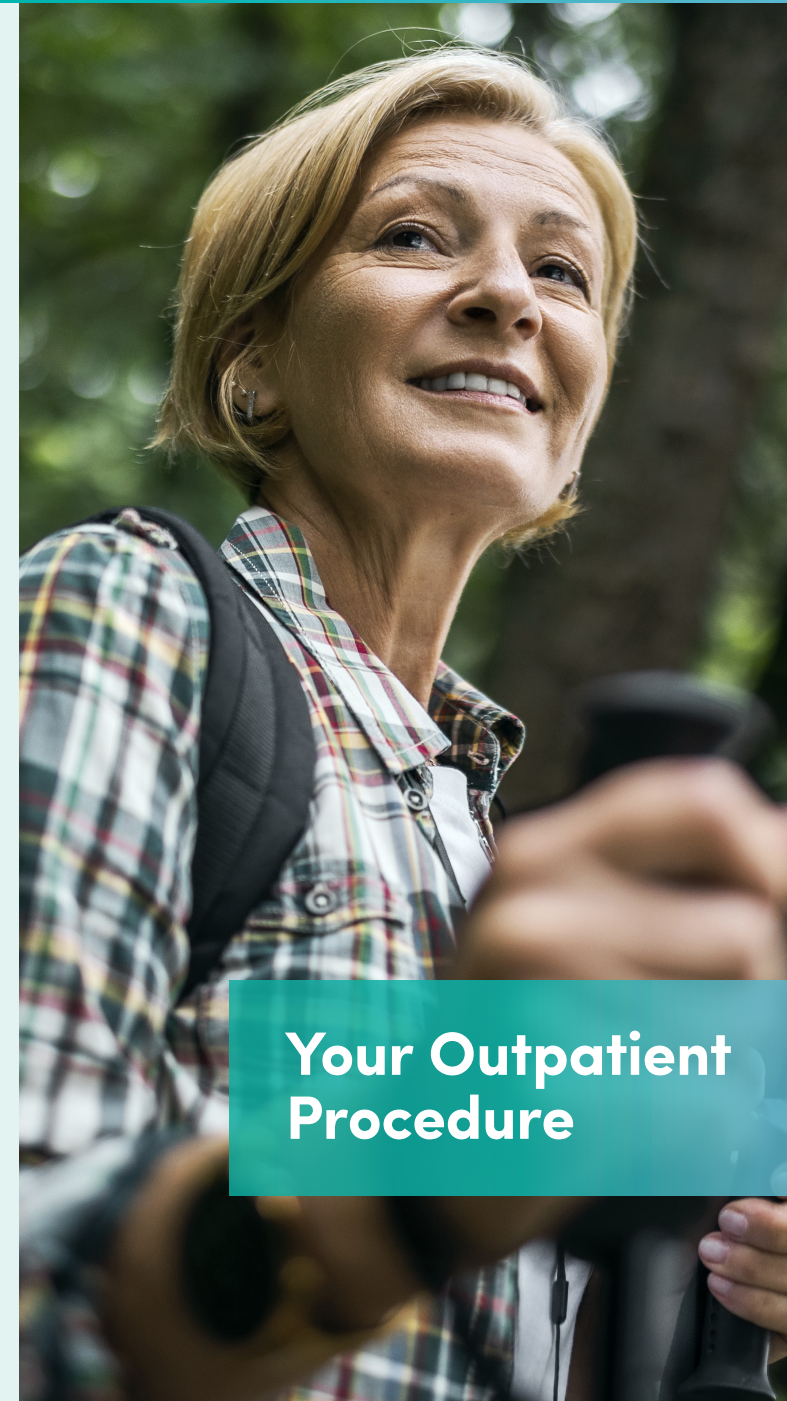
## Map to Surgery Center



1238 West Street  
Redding, CA 96001  
530-241-5499

[sutterhealth.org/apogee](https://sutterhealth.org/apogee)

23-SSC-002493-ADA



Your Outpatient Procedure

# Your Procedure

## Prior Notifications

You'll receive the following verbal and written information prior to your procedure:

- Patient Rights and Responsibilities
- Notice of Privacy
- Physician Ownership Disclosure
- Policy on Advance Directives
- No Surprises Act (NSA)

## Anesthesia

- Anesthesia helps to relieve pain and sensation during surgery. Our outpatient setting uses six types of anesthesia: general, regional, IV sedation, local, spinal and topical. Your doctor or your anesthesiologist will explain and determine the anesthesia best suited for you and your procedure.

## 1-2 Weeks Before Your Procedure

- You may be asked to stop taking blood-thinning medications and nonsteroidal anti-inflammatory drugs (NSAIDs). Ask your prescribing doctor how long you should avoid these medications prior to your procedure.

Your doctor may ask you to stop taking vitamins and herbal supplements as well. Tell your doctor if you're taking any weight loss medications, vitamins or herbal supplements.

- Tell your doctor about any changes in your weight loss medications or physical condition, such as cold, fever or flu-like symptoms or any cuts, scrapes or rashes near the procedure site.

## The Day Before Your Procedure

- Don't drink alcohol because it may affect your procedure.
- Ask a responsible adult friend or family member to drive you to and from the facility and stay with you after you return home. You will **not** be permitted to leave the facility unaccompanied and alone in a taxi, rideshare, bus or medical transport.
- If you're the guardian or caregiver of a minor child or you have a power of attorney for the patient, you must bring a copy of paperwork showing legal verification with you.
- Your arrival time is subject to change due to unforeseen circumstances.
- Follow preoperative fasting guidelines provided by our nurses or our automated text and email system.

## The Morning of Your Procedure

- **Medications:** Take medications as directed by your doctor. If you have any questions about what you should take, please contact us at 530-241-5499.
- If you use inhalers, you may be instructed to bring them with you to the center.
- **Personal Care:** Remove all nail polish and makeup. Shower and wash your hair. Don't shave the surgical site, and don't use perfumes, deodorant or lotions.
- Don't put any markings on the surgical site.

- Remove all jewelry, body piercings and metal hairclips.
- Wear comfortable, loose-fitting clothing (elastic waistband and shirt with front opening). Bring a zippered or buttoned jacket or sweater with you if you like. Wear secure footwear such as sneakers or rubber-soled flat shoes.
- **Personal belongings:** Don't bring valuables with you, including laptops or other expensive items.
- Bring your insurance card, photo identification, copayment and advance directive (if you have one) with you.
- Have the responsible adult companion drive you to the surgery center.
- If the patient is a child, please bring a favorite toy or blanket. Plan to wait onsite until the child is ready to be sent home.

## After Your Procedure

- Post-anesthesia care unit (PACU) nurses will monitor and care for you immediately after your procedure. Recovery occurs in the PACU.
- Your recovery time will vary according to your procedure and anesthesia. You'll be discharged once your doctor determines you're safe to go home.
- You and your responsible adult companion or care provider will receive written instructions for caring for yourself and the treatment area at home.

- Please follow the restrictions ordered by your doctor while recovering at home. Depending on your procedure, some of these restrictions may include strenuous physical activities, drinking alcoholic beverages, operating machinery, driving a car or making important decisions.
- We'll contact you after your procedure to check on your progress.
- Contact your doctor if you experience severe pain or complications requiring immediate attention.
- If you have any reason to think you need urgent help, call 911 or go the nearest emergency room.

## Payment

Before your procedure date, we will:

- Verify your insurance benefits.
- Obtain insurance authorization.
- Notify you of the facility fee.

**Payment for services is due the day of your procedure. We accept cash, check and credit cards.**

**If you anticipate difficulty with your bill, please let us know before your procedure so we can work together to establish a fair solution.**

**You may also be billed for services such as anesthesia, pathology, lab and surgeon fees.**

**For billing inquiries, please call 916-529-4900**