

Cooper Surgery Center at Voorhees

Patient Information Guide



Welcome to the Cooper Surgery Center at Voorhees. The physicians, nurses, and staff are here to make sure you and your loved ones have an exceptional experience. Our team is dedicated to making sure patients and their families have everything they need, from comprehensive pre-operative health assessments to easy admissions, discharges, and a smooth transition for recovery at home.

Services at Cooper Surgery Center at Voorhees:

- Free parking
- Telephone translation service that offers more than 200 languages
- Sign Language translator by appointment
- Patient Tracking Board – a numbering system to track a patient’s progress in the Operating Room (OR) and Recovery Unit (PACU), maintaining patient privacy at all times
- Comfortable family waiting area
- Private Consultation Room
- For accompanying adults, complimentary coffee, tea, bottled water, and snacks

For your family members or accompanying responsible adult, the Cooper Café is located in the building’s atrium, and is open Monday through Friday from 6:30 a.m. to 2:30 p.m. There are also restaurants within walking distance.

Superb Surgical, Anesthesia, and Pain Management Teams

The Cooper Surgery Center at Voorhees has four ORs, and one procedure room. The Voorhees ORs are active from 6:30 a.m. through 7 p.m. Monday through Thursday and 6:30 a.m. through 5 p.m. on Friday.

Over 60 fellowship and specialty-trained surgeons and anesthesiologists treat patients at the Cooper Surgery Center at Voorhees. Our experts perform a wide variety of procedures for both children and adults. Procedural specialties include ENT, Orthopedics, Breast, Gynecology, Urology, Plastics, and Pain Management.

Your surgeon will work with you to determine if you are a candidate for same day, outpatient surgery at Voorhees or if your procedure requires



hospital-based care. Certain procedures and those procedures requiring a hospital stay need to be performed in the Operating Room at Cooper University Hospital on the Camden Health Sciences Campus.

Minimally Invasive Surgeries and Multimodal Pain Techniques

Your surgeon will provide you with detailed information about your particular health needs, your procedure, and what you should expect as you recover at home.

Most surgeries performed at the Cooper Surgery Center at Voorhees are completed with minimally invasive techniques while our anesthesiology team utilizes multimodal pain management helping patients:

- Heal faster
- Feel less pain
- Experience fewer complications and side effects
- Return to normal activities faster

Our Commitment to Protecting Your Health Information

Cooper University Health Care is committed to protecting the privacy of its patients. As required by law, we treat all health information confidentially. Cooper developed a Privacy Compliance Program to ensure the privacy and confidentiality of all of our patients' health information.

The Health Insurance Portability and Accountability Act of 1996 (HIPPA) is the federal law that sets the rules for health care providers and health insurance companies. This law identifies who can receive and view your health information.

The law also gives patients rights over their health information, including the right to get a copy of the information, make sure it is correct, and know who has seen it. As an individual, only you and your personal representative have the right to access your medical records.

What to Expect Before Your Surgery

Cooper University Health Care offers a service to assist patients in determining their out-of-pocket expense for scheduled hospital-based services, such as diagnostic testing, outpatient invasive procedures, or surgery. An advisor from our Patient Financial Care Team may contact you prior to your services to provide an estimate for your upcoming scheduled service, procedure, or surgery, based on your current insurance coverage including the deductible, co-insurance and/or co-pay amounts. You can even make payments prior to your service! Cooper Patient Estimates allows you to have a better understanding of your insurance benefits and assist you in planning ahead for your estimated out-of-pocket expenses prior to receiving treatment.

It is our goal to make your experience with the Cooper Surgery Center at Voorhees as convenient and pleasant as possible. During your visit, a team of medical experts - surgeons, anesthesiologists, nurses and support staff, each highly trained and experienced in taking care of pediatric and adult patients in an ambulatory facility.



Prior to Surgery

Before your surgical procedure, you will receive a phone call from one of our Pre-Admission Testing (PAT) nurses. The PAT nurse will ask about your specific health history, make sure you understand the surgery being performed, give instructions on the steps to take leading up to your surgery, including reviewing your current medications and which medications to take and which to avoid before surgery. During this call, the PAT nurse also will make sure you have had all of the pre-admission testing needed, including blood test, chest X-rays, and any other pre-operative tests your surgeon may have prescribed for you. They will also help you prepare for your recovery at home.

Day Before Surgery

You will receive a phone call from the Business Office staff. The staff member will tell you what time you need to report to the surgery center. If your procedure is on a Monday, you will receive the call the Friday before your procedure. During this phone call, you will receive instructions on the last time you should eat or drink. Your instructions may allow clear fluids for a specific time-period. Acceptable clear fluids include water, Gatorade, apple juice, or black coffee. Your physician may also give instructions with



additional restrictions based upon your procedure. Those restrictions may include no red or purple fluids, and no black coffee. We recommend that you double-check your specific instructions. Liquids such as dairy and juices with pulp, in any amount, create a greater risk of aspiration during anesthesia. For your safety, avoid these liquids.

It is very important that you arrive on time for your appointment. If you do not arrive by your scheduled time, your procedure maybe rescheduled to another day. Patients and families are welcome to call **856.325.6505**, if you miss the arrival call, need to confirm arrival time or have additional questions. Please call this number if you anticipate a late arrival the morning of your surgery due to unexpected issues such as car trouble.

Day of Surgery

Once you arrive, there is a short registration and the final preparations for your procedure will begin. You will meet with the pre-operative nurse who will prepare you for your procedure. In Pre-Op, you will meet the anesthesiologist who will explain the type of anesthesia and what to expect after you wake up. *It is very important to inform the anesthesiologist if you or an*

immediate family member has ever had difficulty or an adverse reaction to anesthesia in the past. Once the nurse and anesthesiologist have completed your preoperative assessment and preparation, your family members or responsible adult can wait with you until it is time for you to go to the OR.

Types of Anesthesia and their Side Effects

There are four main types of anesthesia used during medical procedures and surgery, and the potential risks vary with each. These are the four types of anesthesia and possible side effects as explained by the American Society of Anesthesiologists (ASA).

General Anesthesia

General anesthesia causes you to lose consciousness. This type of anesthesia, while very safe, is the type most likely to cause side effects.

Side effects of general anesthesia can include:

- **Nausea and vomiting** – Please let us know if you have a history of this as there are new modalities to prevent and decrease this risk.
- **Sore throat** – The tube placed in your throat to help you breathe while you are unconscious can leave you with a sore throat after removal. This typically subsides within one day.
- **Postoperative delirium** – Confusion when regaining consciousness after surgery is common, but for some people — particularly older patients — the confusion can come and go for about a week. You may feel disoriented and have problems remembering or focusing.
- **Muscle aches, itching, chills and/or shivering**

Rarely, general anesthesia can cause serious complications, including:

- **Postoperative cognitive dysfunction**
- **Malignant hyperthermia**

Monitored Anesthesia Care or IV Sedation

For some procedures, you may receive medication that makes you sleepy and minimizes your feeling of pain. There are different levels of sedation — some patients are drowsy, but are awake and can talk; others fall asleep and do not remember the procedure. Additionally, each anesthetic is different and your level of sedation may change due to many different factors. Potential side effects of sedation, although there are fewer than with general anesthesia, include headache, nausea, and drowsiness.

Regional Anesthesia

Nerve blocks are sometimes used in conjunction with other types of sedation and anesthesia to minimize pain during and potentially long after procedures. While the benefits are high and risks are quite low, some side effects or complications can occur:

- **Headache** – This can occur if some spinal fluid leaks out when regional anesthetic is delivered through the spine, as in an epidural or spinal block.
- **Minor back or injection site pain** – Soreness can happen at the site where a needle was inserted into the back.

- **Hematoma** – Bleeding beneath the skin can occur where the anesthesia was injected.
- **Temporary Nerve Palsy** – Depending on the type of nerve block, and the medications used, other nerves can be affected causing prolonged numbness and/or weakness.

More serious but very rare complications include:

- **Pneumothorax**
- **Nerve damage**
- **Seizure or Local anesthetic toxicity**

Local Anesthesia

This is the type of anesthesia least likely to cause side effects, and any side effects that do occur are usually minor. This is usually a one-time injection of a medication that numbs just a small part of your body where you are having a procedure such as a skin biopsy or carpal tunnel release. You may be sore or experience itching where the medication was injected. If you have had an allergic reaction to local anesthesia in the past, be sure to tell your physician. You may be given a different type of anesthetic or a medication to counteract the side effects.

Reference: When seconds count...anesthesia 101 (n.d.). Retrieved April 24, 2019, from American Society of Anesthesiologists (ASA 2019): <https://www.asahq.org/whensecondscount/anesthesia-101/>.



Additional Information

- Please comply with all instructions regarding the last time to eat or drink.
- Do not smoke before your surgery.
- Continue taking all of your prescribed medications unless your doctor or the PAT nurse tells you not to.
- Bring a list of your medications with you.
- Wear loose fitting clothing that is easy to put on and take off.
- Do not wear makeup or use deodorant, lotions, creams or perfume on the day of your procedure.
- Do not wear contact lenses; secure eyeglasses with your responsible adult.
- Remove **all** jewelry, including **all** piercings prior to arriving.
- Bring your health insurance card(s), identification, any information cards for devices like cardiac stents, permanent pacemakers, cardiac defibrillators, CPAPs, or insulin pumps, and your co-pay.
- Do not bring any valuables such as:
 - Wallet, cash, debit or credit cards (unless needed for your co-pay).
 - Expensive clothing, shoes or handbags
 - Jewelry or watches
- All patients receiving anesthesia, with the exception of local anesthesia only, **must** be accompanied by a responsible licensed driver, who is an adult, 18 years or older. Getting you safely to and from the surgery center is important to us. If you travel by taxi, Uber or Lyft, you still must have a responsible adult with you. You can also use Medical Transportation. Please work with your surgeon's office to arrange this form of transportation.
- Guardians of minor patients must remain on the premises during the procedure.

Additionally, during your visit, your physician or the surgery center staff may request that your family or responsible adult remain on premises.

During Your Procedure

When you go to the OR, your family or responsible adult will be directed back to our Family Waiting Area. Your family member or responsible adult are given an identification number so they can track your progress on the Patient Tracking Board located in the Cooper Surgery Center at Voorhees waiting area. Our clinical team requires that your family or responsible adult remain on site during your procedure. Many of our procedures are short, and your surgeon, if you previously agreed, will update your family on your surgery, answer questions or provide additional instructions on post-operative care. Once you are in the Recovery Unit (PACU) and you are ready for visitors, up to two of your family members or your responsible adult will be able to stay with you in the PACU until you are ready for discharge.

Discharge

Cooper's highly trained staff will make sure you have everything you need to recuperate at home prior to discharge. All patient receive both verbal and written instructions for your recovery care.



Pediatric Discharge – Our Commitment to Child Passenger Safety

Cooper University Health Care is committed to keeping our patients healthy and safe. Cooper strongly supports the New Jersey Child Passenger Restraint Law (Title 39:3-76.2a) requiring children under the age of 8 years old and a height of 57 inches be secured as follows in the rear seat of a motor vehicle:

- A child under the age of 2 years and 30 pounds shall be secured in a rear-facing seat equipped with a 5-point harness.
- A child under the age of 4 years and 40 pounds shall be secured as described in (a) until they reach the upper limits of the rear-facing seat, then in a forward-facing child restraint equipped with a 5-point harness.
- A child under the age of 8 and a height of 57 inches shall be secured as described in (a) or (b) until they reach the upper limits of the rear-facing or forward-facing seat, then in a belt positioning booster seat.
- A child over 8 years of age or 57 inches in height must be properly secured by a seat belt.

Additional information about current state laws are available on the State of New Jersey Department of Law and Public Safety website at: https://www.nj.gov/lps/hts/childseats/childseats_newlaw.html.

After Discharge

A registered nurse will make a follow up call to check on your recovery the day after your procedure. If you are experiencing chest pain or shortness of breath, please call 911 immediately, and if possible, request transport to Cooper University Hospital Emergency Room where your recent records will be easily accessible.

Please call your surgeon's office immediately if you experience any of the following:

- Severe or worsening pain
- Nausea, vomiting, or persistent diarrhea
- Increased pain, redness, or drainage (pus) from your incision site
- Fever of 101 degrees or higher

Questions

If you have any questions about your procedure, please contact your surgeon's office. If you have questions about the surgery center, need to confirm your arrival time, or need to speak with a PAT nurse, please call the Cooper Surgery Center at Voorhees at one of the numbers below.

Cooper Surgery Center at Voorhees **856.325.6505**

Pre-Admission Testing Nurse (PAT) **856.325.6537**

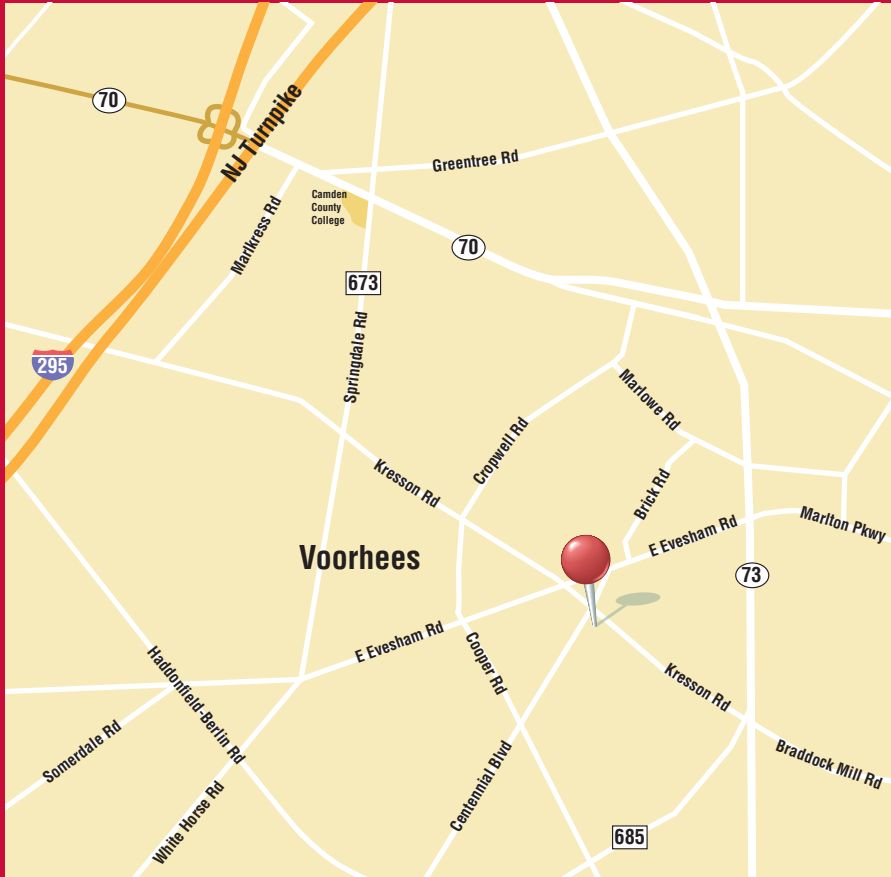
Fax **856.325.6524**



Directions to the Cooper Surgery Center at Voorhees

Cooper's ambulatory surgery center is located at the corner of Kresson Road and Centennial Boulevard across from the Main Street Complex. It is the two-story building with a covered carport to your left as you enter the main parking lot.

900 Centennial Boulevard
Building 1 - Suite E
Voorhees, NJ 08043



For detailed driving directions, please log on to
CooperHealth.org/voorhees-surgery-center.

