

# WELCOME

Our mission at The Center for Minimally Invasive Surgery is to provide our patients with the highest quality healthcare using modern, state-of-the-art technology in a friendly and caring environment. Our highly skilled team is the source of our strength and is committed to providing the same compassionate care they would give to their own families.

In the hopes of making the day of your procedure less stressful, we have included necessary information to empower you about the care you will receive during your visit.

Please review the enclosed items in this folder in advance to help you prepare for both the day of your procedure and your post-operative period. Any and all questions are encouraged to ensure you are prepared for and comfortable with your upcoming care.

Thank you for choosing The Center for Minimally Invasive Surgery, we look forward to serving you.



THE CENTER FOR  
MINIMALLY INVASIVE  
SURGERY

[cmisurgery.net](http://cmisurgery.net)

219.961.9621

# ONLINE REGISTRATION

Once scheduled, you will receive a call and/or text message to complete your online registration. Please visit our website at **[www.cmisurgery.net](http://www.cmisurgery.net)** and click the orange registration button on our home page. The link will take you to **One Medical Passport (OMP)** to complete your registration questionnaire. Depending on how soon your procedure is scheduled, you may get a reminder call from our nursing staff to complete this registration. It is important to complete your registration as soon as possible to allow time for our staff to review your information and determine if any additional pre-op testing is necessary.

If this is your first visit, the process will take 20-30 minutes and will include verifying your demographic and financial responsibility information as well as your medical history, which includes current medications. If this is a return visit to our facility, the process will take only about 5 minutes and involves verifying the information on file is still accurate and there have been no changes. **This information is critical for us to provide the best and most appropriate medical care to meet your needs.**

We understand that this can be a difficult time, therefore we address any financial concerns in advance so you can focus on healing. Our experienced business office staff will contact you ahead of time to provide you with your estimated financial responsibility. They will also inform you of the payment plan and financing options available to you. Links to our financing partners are also on our website.



# PRE-PROCEDURE INSTRUCTIONS

These are general guidelines and may be adjusted according to the type of procedure you have scheduled and your individual health history.

Please arrange for a responsible adult, 18 years of age or older, to accompany you on the day of your procedure and drive you home. Most patients will receive anesthesia and must have someone available to make decisions for them should an emergency arise. Someone should be available for the physician to speak with immediately after the procedure to discuss the results since you, the patient, may still be under the influence of the anesthesia and unable to talk to the physician yourself. Patients under the influence of anesthesia are not permitted to drive themselves home after their procedure. Please notify us in advance if you are not able to or are having difficulty making these arrangements.

A responsible adult should also be available to care for you once you are discharged home since the effects of the anesthesia may hinder your ability to completely care for yourself up to 24 hours after your surgery. If the person accompanying you needs to leave the waiting room for any reason, please have them notify the front desk staff and provide their contact information. We recommend staying in the facility throughout the surgery if you are accompanying a minor child.

Bring your insurance card, photo id, and method of payment (if applicable) with you. Leave all other valuables at home as the facility is not responsible for damaged, lost or stolen articles.

Please **DO NOT** wear any jewelry, including wedding rings, metal hair accessories and any piercings. Metal may interfere with the medical equipment being used and can inhibit the physician's ability to perform the procedure or cause injury during the process.

Bring cases for your eye glasses or contact lenses. Glasses and contact lenses, even extended wear, will need to be removed prior to your surgery.

Dentures and partial plates will have to also be removed before surgery. They will be placed in a denture cup and returned after your procedure.

Bathe prior to your surgery as you usually would, but **DO NOT** apply any lotions or creams afterwards as they may interfere with monitoring pads.

To minimize infection risk, spine and total joint replacement surgery patients may be asked to do the following: shower both the night before and the morning of their procedure, use Hibiclens (an antiseptic skin cleanser available at all major retail pharmacies), sleep on clean sheets and refrain from sleeping with children and or pets in bed.

Wear loose fitting clothing that will easily go on over any possible dressings and will not interfere with incision sites.

Please **DO NOT** wear makeup and remove all nail polish on fingers and toes. Makeup and polish will interfere with your respiratory and circulation assessments during your visit.

You may brush your teeth but be careful not to swallow any water or mouthwash.

Do not eat 8 hours before you are scheduled to be at our facility. You may have clear liquids until 4 hours before your arrival. Do not chew gum or hard candy since this can cause excess saliva and stomach acid that may interfere with your anesthesia.

Do not drink any alcoholic beverages during the day or evening before your surgery.

Avoid smoking on the day of your procedure, as smoking can interfere with the effectiveness of the anesthesia and cause nausea afterwards.

You will be specifically instructed about any medications you should or should not take prior to your visit by your nurse, however here are some basic guidelines as a quick reference:

- If you are a **diabetic** and take any medication, you may be instructed to hold those medications and bring them with you in their original containers.
- If you have **high blood pressure** or a **thyroid disorder**, you may be asked to take those medications as prescribed with a small sip of water before your arrival.
- If you take **seizure medication**, it is very important that you continue to take them as prescribed and may take them the morning of your surgery with a sip of water.
- If you have a **heart condition** and have medications to treat it, continue to take them the morning of with a sip of water.
- **Blood thinning medications** such as aspirin, please discuss stopping this with your doctor 14 days before your procedure with your physician.

When taking prescribed medications, vitamins, or herbal supplements, it is always wise to discuss adjustments you may need to make with the physician who prescribed them as well as your surgeon.

# ARRIVAL TIME

We are located at 9200 Calumet Avenue, Ste. S200, Munster, Indiana 46321

Your stay at our facility will be approximately 3-4 hours (times will vary depending on your procedure).

Patients having a pain injection can expect to stay with us for 1-1 ½ hours



## From the North:

I 90/94E towards Indiana. Take Calumet Ave South to 9200 Calumet Ave, S-200 Munster, IN. We are on the West side of Calumet Ave, immediately after DaVita Dialysis Center. Our entrance is the South awning.

## From the South:

US 41 N to US 30 West. Turn right on Calumet Ave to go North to 9200 Calumet Ave, S-200 Munster, IN. Turn left at the stoplight at Fran Lin Parkway. There is a Noodles and Company at the corner. Drive behind Noodles & Co building and proceed to the brown office building. We are at the first awning.

## From the East:

I 80/94 West. Take Calumet Ave South to 9200 Calumet Ave, S-200 Munster, IN. We are on the West side of Calumet Ave, immediately after Davida Dialysis Center. Our entrance is the South awning, or

Take 45th Street West to Calumet Ave. Turn right to go North on Calumet. Turn left at the stoplight at Fran Lin Parkway. There is a Noodles and Company at the corner. Drive behind Noodles & Co building and proceed to the brown office building. We are at the first awning.

## From the West:

I 80 East towards Indiana. Take Calumet Ave South to 9200 Calumet Ave, S-200, Munster, IN. We are on the West side of Calumet Ave, immediately after Davida Dialysis Center. Our entrance is the South awning; or

Take 45th Street East from Lansing. Turn left at Calumet to go North and proceed over the railroad tracks. Turn left at the stoplight at Fran Lin Parkway. There is a Noodles and Company at the corner. Drive behind Noodles & Co building and proceed to the brown office building. We are at the first awning.



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# POST PROCEDURE & IMPORTANT PHONE NUMBERS

After your procedure, the surgeon will speak with you and/or your accompanying adult about the outcome. The effects of anesthesia may limit your ability to recall this discussion, so please inquire with your accompanying adult regarding the details and bring any additional questions to your follow up appointment.

Surgical patients will spend about one hour in the recovery room being monitored and medicated for any discomfort. Pain injection patients will spend approximately 15-30 minutes depending on if anesthesia was used. You will be discharged once you are awake, alert, and comfortable; able to take liquids and walk. (Your doctor may require you to urinate before going home.) Your recovery nurse will review your discharge instructions with you and your accompanying adult and will provide a written copy in your discharge folder. Please be sure to reference this folder once you are home as it contains important information about your post-op care and recovery.

Please make arrangements for a **responsible adult** to drive you home and stay with you the **first 24 hours** after discharge.

One of our nurses will contact you the next business day following your procedure to check on you. During this call you will have the opportunity to ask any additional questions as well as address any concerns. Should you have an immediate concern, please contact your doctor or call 911 if you are experiencing an emergency.

**The Center for Minimally Invasive Surgery (Main Phone).....(219) 961-9621**  
**Aegis Anesthesia Billing Office.....(800) 242-1131 x 5173**  
**Orthopedic Specialists of Northwest Indiana .....(219)924-3300**

*(Dr Best, Dr Coats, Dr Dedhia, Dr Gelman, Dr Khan, Dr Khanna, Dr Tyndall, Dr Woods)*

**NW Indiana ENT and Sinus Center (Dr Ventrappagada).....(219) 836-9368**  
**Pain Control Associates, LLC (Dr Adlaka/Dr Tupper).....(219) 864-9494**  
**Providence Home Health.....(800) 509-2800**