

PATIENT GUIDE TO SURGERY

High Pointe Surgery Center

Are you an educated consumer when looking at your surgical options? Remember you have a choice and should ask some key questions of both your physician and surgical facility. It goes without saying that selecting a physician and surgical facility, whether it is a hospital or same day surgery center, is an important decision you will need to make before consenting to any operation.

Millions of Americans will undergo surgery each year. It is important for patients to be informed about the surgery being recommended, particularly if it is elective surgery (an operation you choose to have performed), rather than an emergency surgery (also called urgent surgery). All surgeries have risks and benefits which you should familiarize yourself with before deciding whether the procedure is appropriate for you.

Our team has compiled a list of questions you should ask of both your physician and surgical facility when considering surgery. Ask for answers to be explained clearly and ask for further clarification if you are having trouble understanding an explanation and/or any medical terms. Some patients find it helpful to write their questions down ahead of time. Remember, there is no “stupid” question when you are considering your overall health. If you need additional help navigating your surgical journey, do not hesitate to contact us at 651-702-7400 or info@hpsurgery.com. We are more than happy to help.



Questions For Your Physician

- Are you board-certified?
- Why is the operation being recommended?
- Are there alternative treatment options rather than this elective procedure?
- What will happen if I do not have this procedure?
- How many times have you performed this procedure?
- What is your complication rate for this procedure?
- What are the risks and complications associated with this procedure?
- What are the benefits with this procedure and how long will they last?
- Should I seek a second opinion?
- What other medical staff will assist with my procedure?
- Where will the procedure be performed?
- Where do you have privileges to perform this procedure (i.e. hospital or same day surgery center)?
- What type of anesthesia will be used for my procedure and why?
- What can I realistically expect for my recovery?
- What kind of scarring can I expect?
- Are there any special instructions that will help speed my recovery?
- Will I need physical therapy regularly after surgery?
- When will I be able to return to work?
- When will I be able to return to my normal activities including exercise?

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Questions For The Surgical Facility

- Is your surgical facility equipped to address my problem and offer me the best chance at returning to full strength?
- What is the education and experience of the staff that will be caring for me?
- Can I have a tour of the facility prior to my procedure?
- What is your infection rate?
- How many of these procedures have physicians performed at your facility?
- What amenities do you offer me and my family members for the day of surgery?
- Under what circumstances would my outpatient procedure require being admitted to the hospital overnight?
- What happens if I need to be transferred to a hospital for unexpected complications?
- In your experience, what has the recovery been like for patients having the same procedure?
- Do I need to plan to have someone with me before, during, and after my surgery?
- What are my limitations after surgery (e.g. driving, staying alone, ambulating, etc.)?
- My child is having surgery and I would like to be with him/her the entire time. What are the protocols at your facility?
- When will I be able to eat and drink after surgery?
- How will my pain be managed after surgery?
- Will I be able to drive myself home after the procedure?
- How will my diabetes be managed during and after my procedure?
- What prescriptions will I need to take in the time following my surgery?
- How long will I require prescription medication after surgery?
- Can I have my prescriptions filled prior to surgery so they are available when I return home?
- How long will I expect to be in the hospital (if surgery requires an inpatient stay)?
- What is a normal recovery like after this procedure?
- What limitations will there be on my activity after surgery?
- What type of incision care will I be expected to do after surgery?
- Will I need to arrange for help or home health services during my recovery?
- What type of follow-up care will I require?

Determining The Costs Of The Procedure

Before you have surgery, you have the right to understand the costs of your procedure. This includes your understanding of what your insurance will pay and your responsibility. Here are recommended steps to take to ensure you clearly understand your costs.

- Check with your health plan prior to surgery to be certain of what portion of the costs you will be responsible. You will also need to confirm if your procedure requires prior authorization or any other special accommodations prior to having it performed.
- Contact the physician's office to receive an estimate of your out-of-pocket costs. Their office should be able to provide you this information based on your health plan information. Also discuss their payment guidelines if you are not able to pay your portion of the bill in full. During this phone call, you will also want to request the codes they will utilize when billing your health plan for your procedure. These codes can then be given to the surgical facility to ensure you are receiving costs for the appropriate procedure.
- Contact the surgical facility to receive an estimate of your out-of-pocket costs. These costs will vary dependent on the location for your surgery (i.e. hospital versus same day surgery center). If your procedure requires an inpatient stay, this will also need to be considered. When calling the surgical facility, have those codes (referenced above) handy so the surgical facility can give you the best possible estimate. Also discuss their payment guidelines if you are not able to pay your portion of the bill in full.
- Separate billing for other services. You will also be billed separately for the professional services of others who might be involved in your care, such as the assisting surgeon, anesthesiologist, nurse anesthetists, pathologists, laboratory and other medical professionals. It is your right to understand who will be involved in your care and will be billing for their services.



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