

Stamford Health

# PATIENT GUIDE TO SURGERY



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## ABOUT STAMFORD HEALTH

**Stamford Health** is reimagining healing in every way, distinguishing ourselves as the most trusted health care partner for the communities we serve. **Stamford Hospital** is certified as a Level II Trauma Center, has a Level III NICU and pediatric emergency department, and is home to more than 1,000 medical staff members. **Stamford Health's Tully Health Center** offers numerous outpatient services including same-day surgery and GI services.



## SURGERY AT STAMFORD HEALTH: OUR APPROACH

Stamford Health is unsurpassed in the region for providing superior surgical care and patient satisfaction in a safe, warm, and welcoming environment.

Our surgeons have expertise in a wide range of general surgery and surgical specialties and procedures, from complex heart, vascular, and orthopedic surgeries to minimally invasive surgical approaches and robotic-assisted surgery that address the unique needs of patients across the age spectrum, including special care for infants and older adults, with outstanding quality performance outcomes.

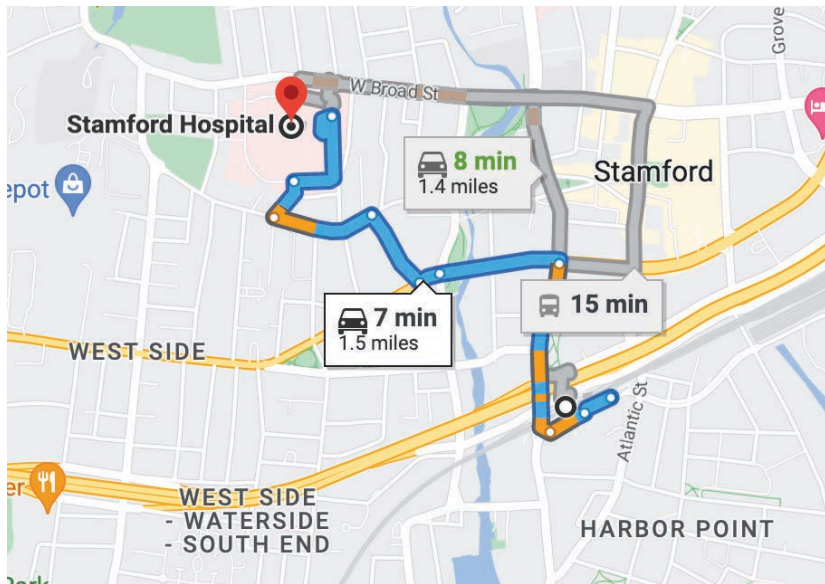
As a Planetree hospital, our approach to your surgery is holistic and encourages healing in all dimensions – mind, body, and spirit. You and your family receive all of the support, guidance and services you need to make informed decisions, prepare for surgery, maximize healing and return back to your life.





## STAMFORD HEALTH BY THE NUMBERS:

- 305 tertiary care beds, single occupancy
- 51 minutes from Grand Central Station
- 7 minutes from Stamford's Metro North Station



Stamford Hospital valet parking is available \$4 per day.

Stamford Hospital has self-parking beginning at \$2 for the first two hours.

Stamford Health's Tully Health Center valet parking is available \$4 per day.

The Tully Health Center has self-parking at no charge.

## HOTELS NEAR STAMFORD HOSPITAL

As a Planetree hospital, we offer patient-directed visitation hours. Family members are permitted to stay with patients. There are also several hotels and motels offering special prices to Stamford Hospital patients and families. Be sure to ask about these rates when calling for a reservation.

- **Courtyard by Marriott**  
275 Summer St., Stamford, CT  
203.358.8822



- **The Lloyd**  
909 Washington Blvd., Stamford, CT  
203.363.7919



- **Armon**  
2701 Summer St, Stamford, CT  
203.359.1300



# WHAT TO EXPECT

## Before your surgery

The road to your recovery begins before your surgery. If you will be having an in-patient procedure that requires an overnight stay in the hospital, you will be scheduled to complete pre-surgical testing in our Pre-Surgical Optimization Program, or POP, usually one to two weeks prior to your surgery. We recommend contacting your primary care physician to let them know you will be having surgery and determine if an appointment is necessary.

For outpatient surgical patients, you will be contacted by a preadmission testing nurse to complete an assessment over the phone and determine if any additional testing is needed.

Your POP visit will last around 90 minutes during which you will meet the preadmission nurse and a Stamford Hospital physician — a hospitalist — in collaboration with the Stamford anesthesia group. The focus of this visit is to evaluate your health status prior to your surgery and to work with you (or a caregiver) to develop an individualized plan based on your medical and surgical history and postoperative needs. An important part of the visit is a thorough review of all the prescription and over-the-counter medications and supplements you are currently taking so please bring these with you to your POP appointment.



## Your surgical experience

At Stamford Health, you will be assisted by our friendly staff, nurses, and providers from the minute you walk through our door through your recovery and discharge to go home. When you enter either of our surgical centers, our reception staff will greet you and ensure that all of your paperwork is complete.



Scan now to learn more about your surgery prep or visit [StamfordHealth.org/SurgeryPreparation](https://StamfordHealth.org/SurgeryPreparation).

After check-in, you will receive your ID bracelet and will be guided into the pre-operative area by our clinical staff. Your family members can monitor your progress throughout your procedure by watching the tracking board in the waiting room, which maintains your confidentiality. In the pre-op holding area, you will be cared for by a certified nursing assistant and registered nurse who will help prepare you for your surgery and keep you comfortable every step of the way. A family member or loved one is welcome to join you in the pre-op holding room as your surgeon joins you to answer any questions or concerns you may have.

You will be in good hands from start to finish, with our safety and quality checks along the way.

## After your surgery

When the surgical procedure is completed, you will be transported to the Post-Anesthesia Care Unit (PACU), where a clinical team will monitor your progress. Once you are awake, sitting up and drinking fluids, your family member or guest may join you.

Your surgeon will visit to see how you are doing. If you are staying overnight in the hospital, the staff will transport you to the surgical floor. If you are going home the day of surgery, a staff member will provide and review your postoperative instructions. The staff member will accompany you and your family member or guest to your car after discharge. You will not be able to take a taxi or drive yourself home after having anesthesia. A family member or friend over the age of 18 years old must stay with you in your home for the first 24 hours, or your surgery will be cancelled. If you have any problems the evening or night of surgery, please call your physician's office or go to the nearest Emergency Room. Schedule your follow-up appointment with your surgeon. Usually, it is scheduled within two weeks of your surgery.

## IMPORTANT PHONE NUMBERS:

**Hospital Day of Surgery: 203.276.7016**

**Tully Surgical Center: 203.276.6169**

**POP: 203.276.4093**

**Lab Draw at Tully: 203.276.4840**

**Lab Draw at Stamford Health**

**Main Hospital: 203.276.3437**



Scan now

Scan now to learn more about Stamford Health or visit [StamfordHealth.org](http://StamfordHealth.org).



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