



Welcome to New Milford Hospital

ONE DAY SURGERY

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Since 1981, New Milford Hospital has offered a clinically reliable, safe and cost-effective approach to many surgical procedures through our One Day Surgery program. As your surgery does not require overnight hospitalization, you qualify for this program.

Through the efforts of over 40 surgeons, many nurses and countless support staff, over 2,000 adults and children use this program annually. The surgical procedure is individualized to meet the patient's needs and is often completed with minimal pain, less discomfort—and more rapid recovery. We perform procedures in many specialties, including general and vascular surgery, orthopedic and spinal surgery, ophthalmology, urology, gynecology, endoscopy, ear, nose and throat, dental, cosmetic surgery, radiology, and podiatry. Our One Day Surgery program has been developed to make your short stay as comfortable as possible. A waiting room for family is immediately adjacent to the unit.



Prior to Surgery

When the date of your surgery has been scheduled, you should call the surgical case manager's office at (860) 210-7473. A medical history will be taken. You may be asked to obtain certain tests prior to your surgery date and you will be given instructions specific to your surgery. Any changes in your physical condition (such as a cold, fever, sore throat) should be reported to your physician before your surgery. If you have any last minute concerns, please call the One Day Surgery Unit at (860) 350-7245.

We require that you make your own arrangements for someone to pick you up at the hospital after your surgery. We cannot allow you to drive yourself home. Taxis and public transportation cannot be utilized.

Pre-Surgery Tour

To relieve pre-operative anxieties, we offer a short tour for all patients, both children and adults (and family members), on request. Please call (860) 350-7245 for an appointment.

Day of Surgery

Regardless of the type of surgery you are having, it is essential that you follow the instructions that you are given regarding eating and drinking the night before your surgery.

Come to the hospital in casual, comfortable clothing. We will provide you with a patient gown, robe and slippers. Because the hospital is not responsible for missing patient articles, please leave all valuables, including money, cell phones, and jewelry, at home. Patients are asked not to wear make-up or nail polish.

Upon entering the hospital, please go directly to the One Day Surgery admitting office on the second floor at the time assigned. Your promptness is required. You may have one relative or friend join you. Children under 18 years of age must have at least one parent or legal guardian present. Please do not bring children with you other than the scheduled surgical patient.

After being admitted, you will be escorted to your room where a nurse will begin your preparations. You will also meet with an anesthesiologist and your surgeon prior to going to the operating room.



One Day Surgery Checklist

Call surgical case manager's office at
(860) 210-7473

Complete pre-operative testing if required

Follow the instructions concerning eating
and drinking you receive during your
pre-admission interview call

Arrange for someone to pick you up
after your surgery

Leave valuables at home, including
cell phones

Remove all make-up before coming
to the hospital

Wear comfortable, casual clothing

Bring your insurance, Medicare or
Medicaid card with you

Arrive on time

If you are under 18, a parent or legal
guardian must accompany you

At the appropriate time, you will be escorted to an operating room, and following surgery, you will be transferred either to the Post-Anesthesia Care Unit or directly back to your room. You will recuperate in the One Day Surgery unit until you are discharged.

At discharge, you must be accompanied by a capable and responsible adult for the drive home. Remember, you cannot drive yourself home if you are the patient.

You will not be discharged until after our staff has provided you with specific oral and written instructions regarding your home care. We recommend that you spend a quiet evening at home. It is advisable to have an adult family member stay with you at least overnight. Because anesthesia may cause sleepiness or dizziness, you should not drive, drink alcoholic beverages, or make important decisions for the next 24 hours.

Day After Surgery

One of the nurses from our One Day Surgery unit will telephone you to check on your progress.

Please do not hesitate to call your doctor or the One Day Surgery unit nurse if you have any questions.





One Day Surgery New Milford Hospital

Member

 **New York-Presbyterian Healthcare System**

 Affiliate: Columbia University College of Physicians & Surgeons

World-class care that's personal.

21 Elm Street

New Milford, CT 06776

Telephone (860) 350-7245

www.newmilfordhospital.org

*Serving patients in Connecticut's Litchfield
and northern Fairfield counties and in
nearby New York State.*