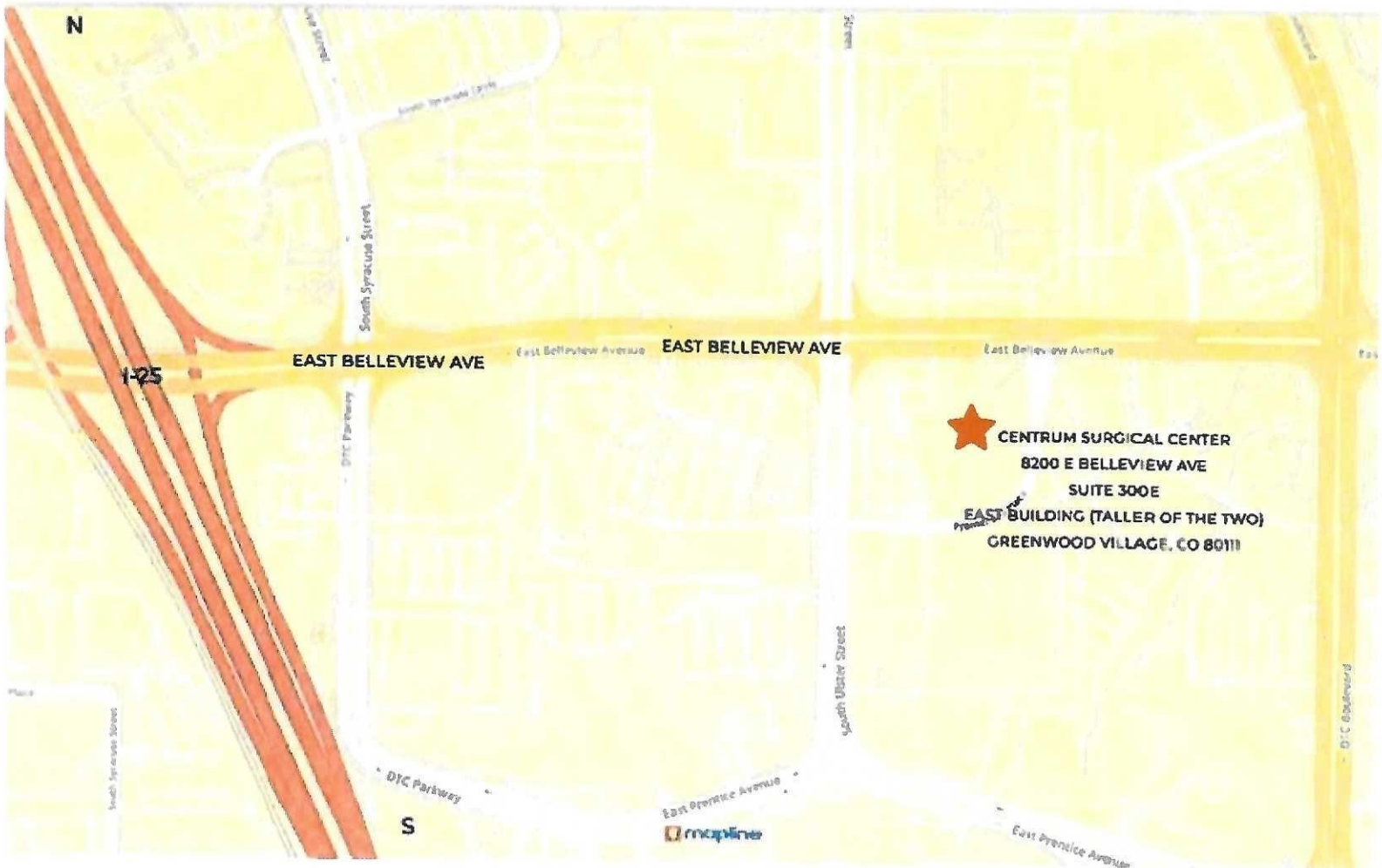


## Map and Details of Arrival



- Located in the Denver Tech Center, off East Bellevue Avenue (accessible by I-25 or I-225)
- Centrum Surgical Center is located on the third floor of the EAST TOWER (this will be the taller building, closest to Bellevue Ave, labeled East Tower).
- There is a labeled parking lot in the front of the building, additional parking spaces are available in the parking structure on the main level.
- Cross streets are E Bellevue Ave and South Ulster Street.

**CENTRUM SURGICAL CENTER**  
**8200 E Bellevue Ave**  
**Suite 300 East Tower**  
**Greenwood Village, CO 80111**

**Visit**

**[www.centrumsurgicalcenter.com](http://www.centrumsurgicalcenter.com) for  
more information on directions, or  
call the center at 303-290-0600.**

To provide you with excellent care, we ask that you to complete your health history through our secure online portal. Once you've created a Medical Passport with your info, our software will allow you to update and use your health history for future appointments.

## How to Complete Your Medical Passport Online

Start on the homepage: <https://centrumsurgicalcenter.com/>

Then click on the "Pre-Registration" link to go to the Medical Passport registration page.



### New Users:

Click **Register** to create your first Medical Passport.

1. Enter your demographic information to create your account.
2. Answer the questions to complete your online health history.



### Returning Users:

If you've previously created a Medical Passport Account you will need to log in to update your health history.

1. Enter your original username in the 'Welcome Back' area.
2. Once you've successfully logged back into your account, click on the button located on the top right of the page.



Use my Medical Passport for a new procedure or procedure date >>



### Forgot Username and/or Password?

- Click '[Forgot username?](#)' if you don't remember the username you created upon initial registration.
- Click '[Forgot password?](#)' if you don't remember your password and we will guide you through an automated reset process.

*\*The '[Forgot password](#)' link will only show after you have entered an existing username.*

#### Welcome Back

Account username [Forgot username?](#)

  
 Account password [Forgot password?](#)
  
 I'm not a robot 



## Welcome to Centrum Surgical Center!

Your doctor has scheduled your upcoming procedure at our facility. Centrum Surgical Center is a state-of-the-art ambulatory surgery center, where surgeons perform a broad range of out-patient and short stay surgical procedures. Specialties include: ENT, Ophthalmology, General Surgery, Orthopedics, Podiatry, Plastic Surgery, Pain Management, and Breast Radiology.

Centrum Surgical Center combines experience with a technologically advanced facility that includes an observation room for overnight patient care. Our warm, comfortable outpatient setting enables you to return home on the same day to recuperate in familiar surroundings.

Our Center offers a safe, convenient, high-quality alternative to inpatient hospitalization. The Center is fully licensed and certified by the State of Colorado and the Medicare program.

### How is the Surgery Center different from a Hospital?

Because a hospital must be staffed and equipped to treat all types of medical problems, it provides a much broader range of services than your current needs require. Since the surgery center is designed exclusively for short stay procedures and surgeries, we are able to offer patients a convenient, comfortable and less costly alternative to the hospital.

The Center's warm surroundings and the increased level of individual attention from our staff minimizes the stress often associated with surgery. Our center specializes in short stay surgery and our staff specializes in short stay care. The Center is similar to a hospital in three respects:

1. Your surgeon is supported by a highly skilled team of registered nurses and surgical technicians specially trained in surgical and recovery care.
2. Our surgical suites and sophisticated equipment are like those of a large hospital.
3. If scheduled, Board Certified Anesthesiologists will be involved in your care and will be visiting with you on admittance.

### How can I prepare for my Surgery?

Care attention to the following instructions will help ensure your comfort and reduce the possibility of complications:

- ◆ **Do not eat or drink anything** (including water) after midnight the day of your surgery. Undigested food in the stomach can cause complications and your surgery is likely to be postponed or cancelled if you forget to follow this instruction.
- ◆ **It is required to bring your insurance card(s), picture identification and any forms the Doctor requests.** This will facilitate the admitting process.
- ◆ **Fill out the online health history form through One Medical Passport.** If you are unable to do so, the center provides a paper copy at check in. If you have a list of medications, please bring it for reference.
- ◆ **If we have not reached you at least two days prior to surgery** to review your medical history, pre-operative instructions, and financial arrangements, please call the Center.
- ◆ **If applicable, please bring diapers, a bottle, or a comfort item for patients aged 6 months-2 years.**
- ◆ **Bathe or shower** the morning of surgery to minimize the chance of infection. Teeth may be brushed but **do not** swallow water.
- ◆ **Arrange for an adult to drive you home and stay with you for the first night** following your surgery if you are scheduled for a general anesthetic or sedation. A member of our staff will be happy to contact the person you designate when you are ready to leave. If you are from out of town, you may be asked to spend the night in our metropolitan area.
- ◆ **Limit the number of people who accompany you to the Center.** To maximize the comfort for all visitors, we suggest that adult patients be accompanied by only one person. However, we do welcome both parents to accompany pediatric patients.
- ◆ **If you experience any health changes** between your most recent visit to your surgeon and the day of surgery, please notify your surgeon. Please report even minor changes such as an elevated temperature, cough, or cold.
- ◆ **Refrain from smoking** after midnight of the day of your surgery.
- ◆ **If you suspect that you are pregnant** please notify your surgeon. Anesthesia and medications may be harmful to the developing fetus.



### **What should I expect when I arrive at the Center?**

On the day of surgery, you should arrive at the Center approximately one hour prior to surgery to allow time for admitting and pre-operative preparation. You will also be asked to fill out Daily Consent Forms, which acknowledge your permission for the physicians and facility to care for you. If the patient is a minor, these forms must be signed by a parent or legal guardian. Guardians must bring written proof of guardianship on the day of surgery; without this documentation, surgery may be delayed or cancelled.

### **What happens after my surgery?**

After surgery, you will be moved to our fully equipped recovery room, where you will remain under close observation by an anesthesiologist and our recovery room nurses. Although the length of stay post-operatively varies according to the type of procedure and your surgeon's instruction, many patients are discharged one hour after surgery.

### **What precautions should I take after I am home?**

Your surgeon will provide post-operative instructions regarding diet, rest, and medications. The Center will provide you with a written summary of these instructions. We suggest you pamper yourself for the first 24 hours following surgery, eat lightly and arrange for an adult friend or relative to stay with you.

Since it is normal to feel drowsy after receiving anesthetic, the following activities are prohibited for 24 hours after discharge:

- ◆ Driving and operating equipment
- ◆ Signing important papers
- ◆ Making significant decisions
- ◆ Drinking alcoholic beverages or taking any drug without your physician's approval

If you have any unexpected problems, please call your surgeon or go to the nearest Emergency Room. A nurse from the Center will contact you after your surgery to check your progress and answer any questions you may have.

### **How are Financial Arrangements handled?**

A single pre-determined fee is charged for each type of procedure; thus providing a reasonably accurate estimate of your cost in advance. The fee includes medications, standard supplies and use of the operating and recovery rooms. It **does not** include your surgeon's or anesthesiologist's fees. These fees are billed separately.

You will be billed separately for your surgeon's services, as well as for the services of the anesthesiologist and, if applicable, pathologist, radiologist, and surgical assistants. Laboratory tests ordered for you outside the Surgery Center will also be handled separately.

Most short stay surgical procedures are covered by standard medical insurance. Centrum Surgical Center accepts most major insurances, HMO/PPO plans, Medicare, and Workers Compensation. The Surgery Center will bill your insurance company as a courtesy; however, any balance due is your responsibility. Patients may be asked for a partial payment on admission to the Center, subject to amount of insurance coverage. However, full payment is required at the time of admittance for non-covered procedures and for patients who do not have a medical insurance. Visa, Mastercard, American Express, Discover, and personal checks (with a check guarantee card) are accepted.

Centrum Surgical Center recognizes our obligation to remain flexible in financial matters. In the event any of the above conditions cannot be met, the Center will attempt to make other financial arrangements. Those arrangements must be approved by the Administrator.

### **We welcome your suggestions!**

The Center's goal is to deliver premium care in an environment most relaxing for the patient, and no one is better qualified to measure our success than a former patient. Please complete the confidential online Survey for our center. A link to the survey will be provided with your consent forms at check in.

### **Online Clinical History**

Centrum Surgical Center offers a convenience to our patients with our website: [www.centrumsurgicalcenter.com](http://www.centrumsurgicalcenter.com) and our Online Clinical History service through One Medical Passport.

Go to [www.centrumsurgicalcenter.com](http://www.centrumsurgicalcenter.com) and click on the Pre-Registration tab. Once you do, you will be able to enter your clinical history into an online form. By providing this information online, the amount of paperwork needed the day of your admission is greatly reduced. It will take approximately 10-30 minutes to complete depending on your medical history. Before you begin, take a moment to be sure you have the following information on hand: name of your doctor performing the surgery, date and time of your surgery, description of the procedure, name of the person driving you home, name and dosage of ALL of your medications and dates and descriptions of past surgeries. If you are unable to fill out this online form, a paper copy will be provided to you at check in. If you are opting for the paper copy, please bring a complete list of any medications for reference.

### **Surgery Center Hours**

Centrum Surgical Center is open daily, Monday through Friday, 6:00 a.m. to 5:00 p.m. You are more than welcome to call the center at 303-290-0600 with any questions or concerns.





## AM I AT RISK FOR DEEP VEIN THROMBOSIS?

**What is it?** Deep Vein Thrombosis, also called "DVT", is a blood clot that forms inside a vein. In most cases your body prevents these clots through several processes on its own. The clot may block part or all of the blood flow. It may also break away from the vein wall and travel into a lung. This is a very serious condition called a pulmonary embolism or "PE". DVT(s) usually occurs in the legs (above or below or behind the knee) or pelvis. DVT may also occur in other parts of the body.

**Who is at risk?** DVT/PE can occur in almost anyone, but some people may be more at risk. Some of the factors that may increase your risk are:

- Increasing age, usually over 60 (although DVT can occur at any age)
- Prior history of DVT/PE; heart or respiratory diseases
- Inherited tendency for clotting
- Cancer and its treatment
- Infection
- Obesity
- Smoking
- Recent laparoscopic surgery lasting more than 45 minutes
- Major surgery or childbirth
- Prolonged immobility, stroke or paralysis
- Varicose veins
- Inflammatory bowel disease (IBS)
- Taking birth control pills or hormone replacement therapy
- Trauma (especially fractures of the pelvis, hip, or leg)

**Contact your doctor if you notice:**

- Pain, tenderness or swelling of the calf, leg or arm
- Redness or discolored skin
- Vein may be hard, like a cord
- Area may feel hot to touch
- You may run a fever
- Leg or calf pain increases when walking

**Seek help immediately if you have the following:**

- Unexplained shortness of breath
- Chest pain or palpitations
- Excessive anxiety and/or sweating
- Coughing up blood

**Do's and Don'ts:** The following are easy ways to keep from getting blood clots:

- Early ambulation. Get up and walk as soon as possible (if ok'd by your doctor) after surgery or during long periods of bed rest.
- Exercise your legs every 1 to 2 hours while on long car or airplane trips.
- Do not smoke if you are taking birth control pills
- Be proactive. Talk to your doctor about your DVT risks.

**Treatment:** You may be admitted to the hospital for tests and treatment if you have the signs/symptoms of a DVT or PE. Your doctor may prescribe a medication to thin your blood or to dissolve the clot(s). The sooner you are treated, the less likely you are to get a clot in your lung.



### Fall Prevention Guidelines for Patient and Family

Dear patient and/or family:

The danger of falling is very real, especially for patients who have difficulty with mobility. There are several factors that increase this risk, including the following:

- Being in a new and unfamiliar setting.
- Medications such as sleeping pills, pain pills, blood pressure pills, tranquilizers, or water pills may make you dizzy or disoriented.
- Previous history of falls may increase the fear of falling again.
- Physical and mental impairments such as unsteady gait, site or hearing problems, confusion, incontinence and diarrhea.
- Surgical procedure/ treatments to lower extremities.

Although, we do all we can to ensure your safety and comfort during your stay at the Surgery Center, we believe that fall prevention is everyone's responsibility. If a nurse determines that a patient is at risk of a fall, or if a patient feels that they are at risk, we provide a plan of care to address safety issues and reduce the chances of an accidental fall.

Safety interventions for preventing falls include the following but are not limited to:

- When you need assistance, use the call light or bell by your stretcher or in the bathroom and wait for help to arrive.
- You will be asked to wear the center supplied non-skid socks.
- Family members may be encouraged to stay with you during your wait.
- To prevent fainting or dizzy spells when getting up, sit on the edge of the bed or recliner for a minute before rising to stand, and then walk slowly.
- Always follow your doctor's orders and the nurse's instructions regarding whether you must stay in the stretcher/ or recliner or require assistance to go to the bathroom.
- Patients requiring anesthetics and/or pain medication should be assisted with dressing by a staff member. **DO NOT** attempt to get dressed unattended.

If you have any questions regarding fall prevention, feel free to discuss these and any other concerns with your nurse. **Please continue to use these guidelines for at-home care.**

Your participation and cooperation with this program will help to prevent unnecessary injury.