

Thank you for choosing **OSCNS**! At **OSCNS**, you and your family will experience our welcoming environment, our extremely high standards in orthopedic care, as well as our personalized and compassionate approach to outpatient surgery.

OSC – Your Rights as a Patient

We consider you a partner in your care. When you are well informed, participate in treatment decisions, and openly communicate with your doctor and other health care professionals, you help make your care as effective as possible. Our surgical center encourages respect for the personal preferences and values of each individual. These rights apply to your representative in the event you are unable to exercise them. We ask that you please review the Patient Rights upon your arrival the OSCNS for surgery. Patient Rights are posted in the OSCNS lobby or you may visit our website www.oscns.com.

Massachusetts Advanced Directives

Each patient has the right to make informed decision regarding his/her care. Advanced care planning is the process that some individuals undertake in preparation for receiving health care at the end of their lives. Each patient has a right to formulate such plans (Advance Directives or ADs) in accordance with Massachusetts law. For more information, please visit the Massachusetts Medical Orders for Life-Sustaining Treatment (MOLST) at www.molst-ma.org.



Directions

Take Route I-95/128 North until you get to Exit 45 (Rt. 128 toward Gloucester). Then on Rt. 128 North, Take exit 25A, 114 to Salem, then veer to right at Shopping Center sign. At bottom of ramp, turn right and go under 128. At stop sign, Northshore Mall will be on your right. Follow the Blue "H" sign. Look for the red brick building directly adjacent to the Northshore Mall with "Sports Medicine" on the side.



Surgery Date: _____

Physician: _____

Surgical patients will be contacted by OSCNS with their arrival time and preoperative instructions, 1-2 days prior to your procedure date.

Pain procedure patients will receive their time from the pain physician's office along with pre-procedure instructions.

Endoscopy patients will receive prep instructions and arrival time from endoscopy physician's office.

Visit our web site at www.OSCNS.com



One Orthopedics Drive
Peabody MA 01960
978-818-6507

Welcome to the *Orthopedic Surgical Center of the North Shore*.

Before your surgery

Please complete the Patient **Pre-Registration** online form found on the **OSCNS.com** website prior to the day of surgery in order to avoid any delays. You will enter medical/surgical history, current medications with dosages, and allergies. *Please note: Incomplete registrations may delay your procedure.*

**WWW.OSCNS.COM click on
“Patient Pre-Registration”**

You will be contacted prior to your procedure date if a payment is required at the time of service.

Medications

Please refer to physician instructions related to holding medications; for example: aspirin, ibuprofen, Aleve, Motrin, anticoagulants, blood thinners.

Midnight the day of surgery

Do not smoke after midnight

Do not eat or drink anything after midnight the day of surgery, unless indicated by your physician. Undigested food can cause complications and your surgery will likely be postponed if you forget to follow these instructions.

The morning of your surgery

Take a bath or shower and brush your teeth (taking care not to swallow any water)

Remove all makeup, nail polish, jewelry, and contact lenses. If you must wear contacts, please bring your storage case for use during your surgery.

Wear loose, comfortable clothing that can accommodate a bandage, cast, or other type of dressing where the procedure is being performed. Keep in mind that our center is always kept at a cooler temperature. During surgery, you will wear a patient gown provided by our center.

You should arrive at your scheduled appointment time. You will be admitted to the center and we will begin preparing you for your procedure.

What to bring with you the day of surgery

Please bring all insurance cards. It is important for us to have all of the current and correct information.

Bring a government issued photo ID such as a driver’s license. Minors do not need ID but the primary insured party does need theirs.

Please bring your form of payment, if required.

If you have asthma, emphysema or use a CPAP, bring inhalers and/or devices with you.

You must arrange for a responsible adult to accompany you to the center, and to drive you home.

Day of surgery

You will be asked to sign a consent form, acknowledging your permission for the physician and facility to care for you. If you are a minor, your parent or legal guardian must sign the form on your behalf and remain present available during procedure.

After Surgery

Recovery time varies per patient; typically, most patients are discharged 1-2 hours after the procedure.

You will be provided with post-operative instructions about diet, rest, restrictions, exercise and medications. These instructions will be given to you both verbally and in written form to ensure that any and all questions you have are answered

If you had anesthesia and/or pain medications, we recommend arranging for an adult to remain with you at home for at least 24 hours. We also recommend you postpone any of the following:

- Driving operating equipment
- Signing important legal documents
- Drinking alcohol

In case of emergency dial 911 for assistance.

If you have unexpected problems, please contact your surgeon whose number will be provided for you.

A nurse from OSCNS will attempt to call you the next business day to check on your progress and to discuss any questions that you may have.

You may not take an Uber or taxi home after receiving sedation unless you have a responsible adult with you.