



IOWA CITY
ASC
AMBULATORY
SURGICAL CENTER

TAKE THE STRESS OUT OF SURGERY

“I am referring you for surgery”

Those words are scary and can lead to many questions that cause anxiety and stress. You might find yourself wondering things like:

“Do I really need surgery?”

“Will my insurance cover this? How will I pay for it?”

“How long will it take before I feel better again?”

“What if it doesn't work?”

“Isn't there something else I can do?”

At Iowa City ASC, we want to help reduce your stress and answer *all* of your questions, both prior to and after surgery. We're here to provide you with tips, reduce your stress, and make sure you're informed every step of the way.

“Information & knowledge: two currencies that have never gone out of style.” - Neil Gaiman



“I am referring you for surgery”

There are many studies that show how emotional and mental preparation for surgery can lead to better surgical outcomes such as:

- Fewer complications
- Less pain
- Faster recovery

That's what we all want – a successful surgical outcome and a positive surgical experience both before and after surgery.

OVER 13 MILLION SURGERIES WERE PERFORMED IN AMBULATORY SURGERY SETTINGS IN 2016 ALONE!

Take some time to reflect on the ideas in this e-book. Maybe you have a lot of questions you want your surgical team to answer. Maybe you are feeling fearful of the surgical experience. Stress over surgery is different for each person but there are some common solutions that can help you cope with your anxiety and concern.

We're here to help.



Information is Power

It is very likely you have a lot of questions for your surgical team. It's very important that you ask them! Your doctors and nurses are there to help prepare you for surgery, both physically and mentally. The first step is to make sure you have the right doctor. You should never feel bad about asking your doctor questions. If you have serious doubts or don't feel comfortable with your surgical team, there is nothing wrong with getting a second opinion.

ACCORDING TO ONE SURVEY, 30% OF PATIENTS WILL TYPICALLY ASK FOR A SECOND OPINION

Additional questions may come up after you've asked your surgeon about everything on your mind. So remember that you also have quick and easy access to online resources that provide valuable information. Just make sure you are looking at credible websites. Generally, you will want to look at:

Websites recommended by your surgeon.

Webpages that are run by credible medical institutions, such as the Mayo Clinic, the Cleveland Clinic, The Johns Hopkins University School of Medicine or other highly regarded institutions.

Websites that generally provide similar information. (Also, watch out for websites that seem to provide information that feels too good to be true.)

Websites that are vetted by medical professionals.



Information is Power

But what if you don't have questions and too much information stresses you out? It is important to understand that the more you know about your surgery, the better you'll be able to make decisions throughout the process.

Section Summary

- Ask questions.
- Do research using reliable resources.
- Make sure you have the right doctor (someone you feel comfortable with and who will answer your questions).
- Get a second opinion if you are feeling uneasy.
- Too much info can stress some people out so understand that more info can help you make good decisions later.
- Understand the risks and what to expect during recovery.
- Understand your financial responsibility in relation to the surgery.

“I chose to come to Iowa City because Iowa City is one of the most well know areas in the United States for its medical advancements.”

– Kathy, Inspire Therapy Patient

Testimonials: Other patients have experienced before what you're experiencing now. [Visit our website](#) and learn how they prepared for their procedure, processed their surgery, and recovered from their treatment.

Do What You Can Now

Talk to your healthcare provider and find out what paperwork you can complete prior to the day of surgery. Surgery is already stressful enough. If you complete the required paperwork ahead of time, that is just one less thing you need to worry about on the day.

It's also important to make sure you understand your financial obligation ahead of time. This might require you to contact your insurance company and talk to the financial department of your surgical center. Your surgeon's office should be able to help you with your insurance to determine what your responsibility is.

If insurance doesn't cover what you hoped they would, talk to your physician's office. They may have payment options available.

“Do what you can, with what you have and do it now!” - George Washington Carver



Do What You Can Now

There are a variety of consent forms, advanced directives, and more that you have to fill out prior to having surgery. Your surgical team is required to have a detailed conversation with you about your surgery and what to expect. This includes reviewing the risks, potential complications, and sometimes consent to perform other procedures if things don't go as expected.

Signing these forms well in advance of surgery gives you time to ask questions, think about things if needed, and it relieves the stress of being presented with a variety of risks right before you have surgery.

Section Summary

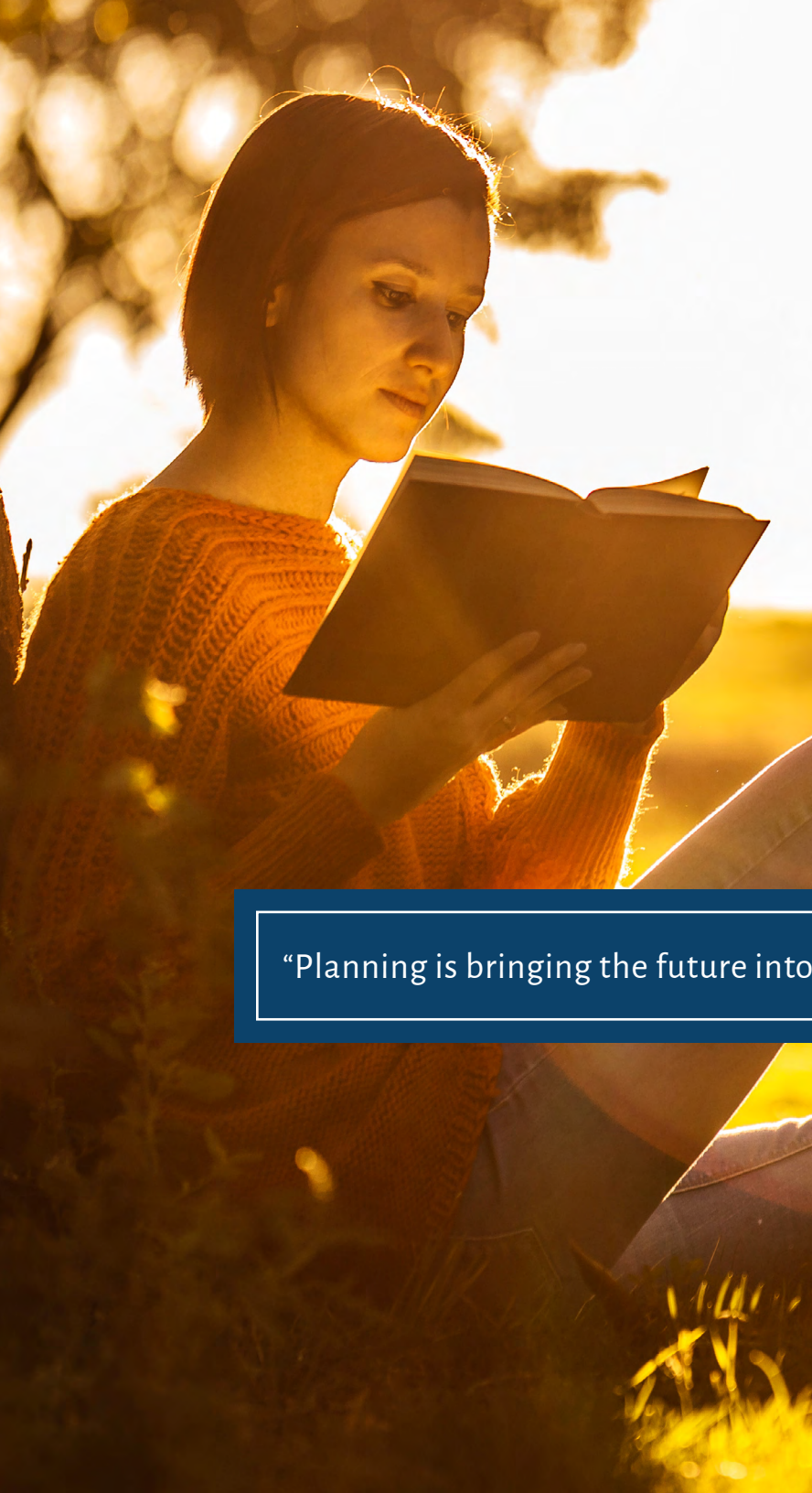
- Sign consent forms prior to surgery if possible
- Have advanced directives or a living will in place
- Understand your payment options and financial obligations (insurance, what you are responsible for, etc.)
- Be sure to get pre-authorization for your procedure if required for your insurance

“I'm so appreciative of the opportunity that I had to have the quality of life that I have today and I owe that all to Iowa City ASC.”

– Randy, Orthopedic Patient

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Prepare for Recovery Before Surgery

Depending on your type of surgery and the recovery required, there are a number of normal life activities that you might need to plan for.

For example:

Will you be able to move freely? If you can't walk up and down stairs, for example, you'll want to make sure everything you need is on one level. If your mobility is limited, you'll want to likewise ensure that everything you need is placed within arms' reach (and that you have help for day-to-day tasks).

Will you be able to work during recovery? If the recovery process restricts you from doing something required for your job, make sure you go to your manager or the Human Resources department to develop a plan.

Will you be able to perform household chores? Take into consideration meals, laundry, hobbies, and teams you are part of. Then make a plan ahead of surgery with friends and family to ensure that life continues as normal as possible during recovery.

“Planning is bringing the future into the present so that you can do something about it now.” - Alan Lakein



Prepare for Recovery Before Surgery

You'll be advised to think about the kind of pain you will likely experience and how that will affect your ability to perform day to day tasks (or to emotionally deal with family and other activities that are part of your daily routine). Because let's face it – pain is an unavoidable part of having surgery. Pain is your body's way of telling the brain to send help for healing.

While pain is normal, stress from pain can interfere with your body's natural ability to heal in a variety of ways, such as high blood pressure or headaches. The more you understand about what to expect for pain the more you can prepare mentally and have the physical tools like medication, pillows, books, music and more, ready and on hand to help you manage the pain.

Section Summary

Prepare your home for recovery

Plan childcare for children (during and after surgery)

Plan meals for your family or prepare them in advance and freeze them

Plan financially for recovery if you can't work so you don't have to worry

Inform family & friends of your surgery and for help as needed (laundry, house cleaning, cooking, chores, driving, etc.)

Have your favorite movies, books, and snacks accessible to you during recovery

Have the right tools for recovery such as a pillow to elevate your leg above your heart

Understand what medication you might be needing post-surgery - discomfort is an inevitable part of surgery, but good planning can help you heal faster

Pay any necessary bills ahead of time

Lean on Those Who Love You

Sometimes just talking about our stress is one of the biggest stress relievers there is. Some people aren't comfortable talking about their fears or insecurities while others can easily articulate what's bothering them. Whatever side of the spectrum you fall on, it is healthy and beneficial to your emotional state to talk about your surgical concerns with a loved one, counselor, doctor, and/or friend.

Be honest with yourself and others about what you are afraid of. In some locations there may be support groups or even online communities of people who have gone through surgery like yours. Take advantage of these resources so you have a safe outlet to share your feelings and fears about your upcoming surgery.

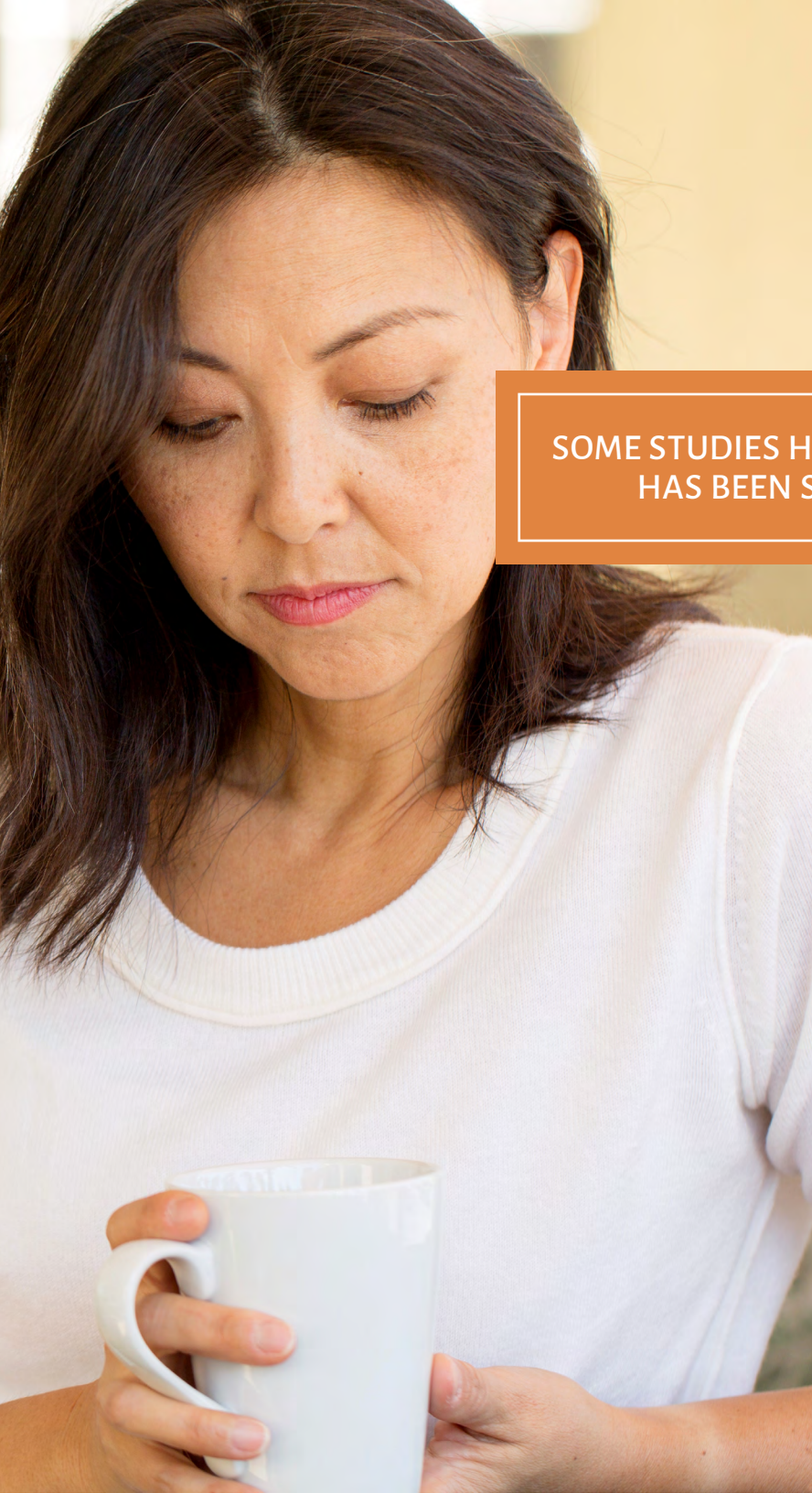
It is also helpful to share with your friends and family what you are learning from the doctor. Just repeating the information can give you more confidence about the surgery and can help you become more comfortable with the idea of having surgery.

Let your loved ones help you during this time. Don't isolate yourself or keep your worries to yourself. Research is showing that patients with a strong network of support have quicker and more successful recovery because they feel less stress, anxiety, and pain prior to surgery (*study published in the Journal of the American College of Surgeons*).

Section Summary

- Find a support group
- Talk to your friends, family or counselor about the procedure
- Communicate your concerns to your doctor and their team, to your family, friends or therapist if needed
- Be honest about your fears
- Ask a friend or family member to stay with you until surgery begins





Relaxation techniques can help

Relaxation and visualization techniques are extremely effective in calming your mind and redirecting your thoughts from negative or harmful thoughts to positive thoughts.

SOME STUDIES HAVE SUGGESTED THAT PRACTICING MINDFULNESS MEDITATION HAS BEEN SHOWN TO REDUCE THE INTENSITY OF PAIN BY UP TO 40%

Some people might feel uncomfortable imagining themselves doing relaxation techniques. If this is you, it's important to note that relaxation techniques don't consist of anything that has to take you completely out of your comfort zone. It just requires you to calm yourself, take some deep breaths, and in some cases, just move and do something you love within your pre-surgery limitations.



Relaxation techniques can help

From the moment you find out you need surgery to well after recovery is finished, relaxation techniques can be very effective in helping you manage stress of any kind. There are a variety of different resources online, but we will direct you to a few options below.

[Mayo Clinic](#) | [Harvard Health Publishing](#) | [Web MD](#)

Section Summary

Practice relaxation techniques

Deep breathing exercises

Visualization techniques

Relax - do things you love (exercise, walking the dog, hobby, time with friends)

Sit for 10-20 minutes each day and just do nothing

Listen to relaxing music before surgery and anytime you feel stressed

Recognize and reduce stressful influences in your life

Have faith, pray, and believe for the best outcome

Get proper rest – helps you stay more confident and positive

Eat well – give your body what it needs now to heal itself later

Stay hydrated

If you smoke, quit! Need help? Check out these helpful resources

Iowa Quit Line – <https://iowa.quitlogix.org/en-US/>

1-800-QUIT NOW – free service with educational materials, coaches, a quit plan and referrals to local sources

The thought of surgery can induce many confusing and stressful feelings. You aren't alone.

At Iowa City ASC it is our greatest desire that you have the most successful outcome you can. We commit that we will do everything in our power to provide you the best surgical teams, facilities, surgical tools, caring staff and a calm, soothing environment to start and end your surgical experience.

THE COMPLICATION RATE FOR PROCEDURES PERFORMED IN AN ASC SETTING IS ONLY 0.15%

Iowa City ASC is a multi-specialty, state of the art surgical facility providing quality outpatient surgical services. The center, established in 2008, currently performs approximately 7,000 surgical procedures per year. Most patients who do not require specialized hospital treatment or overnight observation can safely have their outpatient surgical procedure completed at the Iowa City ASC.



The thought of surgery can induce many confusing and stressful feelings. You aren't alone.

We are a leader in outpatient surgery. Our processes and quality measures ensure that our center functions in the most efficient, high quality manner to offer every patient the best results.

If you recently heard the words, "I am referring you for surgery," ask your doctor about having your procedure performed at Iowa City ASC. Our goal is to provide you exceptional care in a uniquely tailored experience, providing restoration to your body and your life.

"It's a positive atmosphere, a safe atmosphere. The staff and the physicians are very, very caring. They have positive outcomes from what we've experienced. I would not hesitate to refer anyone to any of the services that come to this building."

– Sarah, Mother of an ENT Patient

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A multi-specialty surgical center.

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The Iowa City Ambulatory Surgical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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