Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.
Welcome

Thank you for choosing Inova Heart and Vascular Institute for your heart surgery. We have a commitment to providing world-class heart care. This brochure is designed to answer many of your questions. Please read it carefully and follow all instructions exactly.

Your surgery is scheduled for:

Date: ___________________
Time: ___________________
Your surgeon is: ___________________

Please arrive at the hospital by: ___________________

Food and drink:

- Do not apply lotions, powders, deodorant, colognes, perfumes or hair care products. Sleep on clean sheets and wear clean clothing following your showers.

Medications to take the night before surgery:

- Children under the age of 12 are not allowed in the pre-operative area.
- Food and drink are not allowed in the pre-operative area.
- For privacy and safety purposes, no cell phones are permitted.

Medications to take the morning of surgery:

- Your family, significant other, or friend can bring an overnight bag for you the day after surgery, including a robe, comfortable slippers, nightgown/pajamas and toiletries.

On The Day Of Your Surgery

What to wear:

- Please wear comfortable, loose-fitting clothing. Do not wear any jewelry or make-up.

What to bring:

- containers for eyeglasses, hearing aids or dentures.
- a copy of your Advance Directive (living will or durable power of attorney)
- Your family, significant other, or friend can bring an overnight bag for you the day after surgery, including a robe, comfortable slippers, nightgown/pajamas and toiletries.
- Do not bring any valuables or large sums of money to the hospital.

Other items:

- Discontinue use of vitamins and herbal supplements 5-7 days prior to surgery.
- Take amiodarone, if ordered, as instructed by your surgeon’s office.
- Apply Bactroban nasal ointment the night before and the morning of surgery. Apply to nostrils using a cotton swab.
- Remove all jewelry including rings, nail polish and make-up.
- Shower or bathe with Exidine solution the evening before and morning of surgery.
- Men should shave before showering.
- During the Exidine shower, wash yourself with regular soap and shampoo your hair. Rinse off. Using the Exidine solution and your hand, wash again from the neck down, gently scrubbing your skin. Avoid getting the solution in your eyes and mouth. Rinse off. Dry yourself with a clean towel.

Advice for women:

Women with long hair should have it braided prior to surgery and tied with a rubber band. Do not use metal clips in your hair.

Women having their monthly cycle will more than likely have their cycle again after surgery. This is a normal response. It is suggested that you pack sanitary pads (not tampons) and have your family bring them with your toiletries.

Do not bring any valuables or large sums of money to the hospital.

Staying In The Hospital

Visiting hours and number of visitors permitted vary by unit. Please check with nurses on the units for any special guidelines.

For the safety of our patients, visitors who have signs of a cold, flu or other infectious disease are not allowed in the hospital or in patient rooms.

Arriving At The Hospital

Once you check in at the information desk, you will wait for someone from the cardiovascular operating room (CVOR) to escort you and two loved ones up to the pre-operative area.

Questions

If you have any questions or concerns about your pre-surgical instructions, call your surgeon’s office at 703-280-5858.

Pre-surgical services nurse: 703-776-8777

Available Monday through Friday until 3:00 p.m. for questions prior to surgery.