

Surgery Information Packet

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Making people whole

BELLA HEALTH + WELLNESS
2021



BELLA
health + wellness

Bella Health + Wellness

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Considering Surgery at Bella?

We are with you every step of the way.

We recognize that choosing to undergo surgery is a big decision. We at Bella are honored to journey with you through this process. Our goal is to provide excellent medical treatment and comprehensive support. We are with you every step of the way!

This packet outlines everything from the surgical process, financial considerations, your Pre- and Post-Op Appointments, check in at the hospital, your hospital stay, and much more. If you have remaining questions, our team is happy to help.

We provide this information so that you can use it to better discern even the possibility to pursue surgery. We will also use it to move through guidelines and impart instructions specific to your care once you schedule your procedure. Bring this packet with you to all appointments to easily track all information.

SIGNATURE NEEDED: Please see **PAGES 4 and 15** to sign consent to Bella's Surgical Procedures. Let's get started!

PACKET INFORMATION

1. Scheduling Your Surgery
2. Planning for Surgery
3. Financial Considerations
4. Pre-Op Appointment
5. Packing List
6. The Day of Surgery
7. Following Surgery
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What is NaPro Technologies?

Bella is one of the United States' premier NaPRO Technology centers. We are proud to offer natural reproductive medicine to women in Colorado, approaches that seek to fully restore and heal the causes of infertility, not simply band-aid them. A continuum of care, NaPRO's most assertive option when treating infertility is minimally invasive Pelvioplasty robotic surgery.

NaPro Technology is a fertility-care based medical approach rather than a fertility-control based approach. It provides medical and surgical treatments. Its goal is restoration of a woman's fertility - not bandaids.

NaPro is different

Seeking Root Cause

NaPro allows for the diagnosis and treatment of the underlying cause of conditions such as ovarian cysts, unusual bleeding, painful periods, polycystic ovaries, endometriosis, recurrent miscarriage, and infertility.

Surgical NaPro pelvioplasty is a specialized form of robotic surgery whose aim is to reconstruct the body in such a way that pelvic adhesive disease can be eliminated and not caused by the surgical procedure itself. It is, in a sense, a "near-adhesion free" form of surgery

Robotic Surgery

Bella Specialized Care

Dr. Kathleen Sander, OB-GYN, is a Saint John Paul the Great NaPro Fellow. She offers Bella patients a robotic surgical solution to infertility, recurrent miscarriage, or stillbirth. Many patients experience full restoration following surgery, with even better outcomes than alternative therapies like IVF.

NaPro pelvioplasty robotic surgery restores the uterine wall to allow for optimized healing, enhancing the chances of fertility and decreasing pain.

\$2,775 NAPRO PELVIOPLASTY PROCEDURE

Scheduling Your Surgery

Our team will contact you to schedule your surgery. Non-emergent surgeries are typically held on Fridays. Due to the nature of the surgeries we perform and the hospital's availability, we often schedule surgeries months in advance. Our team will also schedule your Pre- and Post-Op Appointments at Bella and the hospital.

Surgeon Name: _____

Surgery Type: _____

Date of Surgery: _____

Hospital: _____

Office Pre-Op Appointment: _____

Hospital Pre-Admission Appointment: _____

Time of Arrival: _____

Time of Surgery: _____

2 Week Post-Operative Appointment: _____

6 Week Post-Operative Appointment: _____

Planning for Surgery

Getting ready. Feeling hopeful.

There are some things we recommend to prepare well for your surgery.

1. RECOVERY TIME

Every surgery is unique, so it is only natural that recovery will vary as well. But we suggest that you plan to take some time to heal and recover after your procedure. That means taking time off work and refraining from regular activity.

Estimated Recovery Time: _____

2. INTERCOURSE | MANDATORY ABSTINENCE PERIOD

Due to a risk of infection, complications to a potential pregnancy, and the natural work your body must do to heal post-procedure, it is important that you and your partner abstain from intercourse from the time of your last menstrual cycle until surgery AND for at least one week following surgery. Compliance is critical to ensure your surgery can go on as planned and to maximize the chance of its success. Do note, your surgeon may alter some or all of this plan based on your unique circumstances. She will also likely ask you to refrain from using tampons for a time following your surgery.

Should there be any chance you could be pregnant due to failure to abstain from intercourse going into surgery, we will have to postpone your procedure until we are certain there is no risk to potential life.

Please sign the following, indicating your understanding that you must abstain from intercourse for the period outlined in the information above, and that should surgery have to be cancelled due to a failure to abstain, a \$350 surgery cancellation fee will apply.

Signature: _____

Date: _____

3. FMLA / LEAVE PAPERWORK

If you are employed, we recommend letting your employer know about your upcoming procedure as soon as possible – so that you can coordinate any required paperwork and arrange a temporary leave.

Should you need our office to fill out any FMLA or temporary leave paperwork for your employer, we require at least two weeks' notice.

Our policy is to fax this paperwork directly to your employer, while mailing you the original copies.

4. SUPPORT & HEALING

You are going to need support after surgery. Healing takes time. We recommend developing a post-procedure plan to maximize your recovery.

Here are some things you should know:

- Anesthesia will be used during surgery. A responsible adult must therefore accompany you to the hospital and remain with you a full 24 hours following surgery. You are going to need the help!
- Visitor policies at the hospital can be impacted due to local health considerations (such as COVID). Please ask our team what to expect.
- You will not be allowed to drive for at least 24 hours following your surgery, and perhaps two or more weeks in the case of more complicated procedures (and depending on your medication schedule). Please ask your surgeon for advice on when driving is once again safe for you.
- It is possible we will ask you to restrict heavy lifting after your surgery (often no more than 10 pounds) for a time, sometimes for up to six weeks. You are therefore going to need help with daily tasks like laundry and vacuuming for a while.

Financial Considerations

Understanding your responsibilities

INSURANCE COVERAGE

It is your responsibility to provide us with accurate insurance information and to inform us immediately of any changes in your coverage. Charges incurred for services rendered are your responsibility, regardless of your insurance plan's policy coverage limits. Your insurance coverage is a contract between you and your insurance carrier. As a courtesy, we will file with your primary and secondary insurance carriers on your behalf.

COLLECTION OF PAYMENT

When we begin the scheduling process, we will call your insurance company to verify your benefits. If your deductible and co-insurance amounts have not yet been met, we will pre-collect fees at your Pre-Op Appointment which typically takes place the week prior to surgery. (Collected fees will be based on the information provided by your insurance company).

Failure to pay by your Pre-Op appointment will result in postponement of your surgery.

An addition **\$2,775** fee will be collected at the time of scheduling, for the NaPro Pelvioplasty Procedure.

No additional fee is required for Laparoscopic Surgery.

PAYMENT TO OUTSIDE “RENDERING PROVIDERS”

As you prepare to pay for your surgery, please remember that outside “rendering providers” will also collect payment for services issued during your procedure. Examples of such rendering providers include the hospital, assisting medical professionals (such as your anesthesiologist, radiologist, or pathologist), and diagnostic services (such as x-rays or MRIs). We recommend contacting your insurance carrier for information about possible costs related to these outside essential services.

PAYMENT TO SURGICAL “ASSISTANTS”

Some surgeries require the assistance of second surgeon or provider. Not all insurances cover this essential additional expertise. In such cases, you may be responsible for the entire fee of the secondary provider “assistant.” Please contact your insurance carrier for information on your policy's plan benefits.

SURGERY CANCELLATION POLICY / FEE

Bella typically schedules surgeries months in advance and reserves just one day a week for our practice's surgical procedures. This means that every slot has a value, both to our practice and other patients.

Please call or email our surgery team as soon as you know you may need to cancel your procedure.

Surgeries cancelled without at least 96 business hours advance notice will incur a cancellation fee.

IMPORTANT: Intentional neglect to attend your Pre-Op Appointment in the appropriate time frame, or to refrain from intercourse per your provider's instructions, or to pay all fees in the specified timeframes, thereby resulting in the cancellation of your surgery, will also result in a \$350 surgery cancellation fee.

Pre-Operative Appointment

Your one-week pre-surgery appointment

PRE-OPERATIVE PROCESS

Pre-Operative testing is a process that confirms that you are an appropriate candidate for surgery, that you have abstained from intercourse, and that all other pre-operative requirements are completed and reviewed before the day of surgery.

Ideally these appointments are scheduled for one week prior to surgery.

If these visits are not completed in the appropriate time frame, your surgeon, the anesthesiologist, or the hospital may decide to delay or cancel your surgery.

Intentional neglect to attend your Pre-Op Appointment in the specified time frame may not only result in the cancellation of your surgery, but the \$350 surgery cancellation will apply.

Should your surgery have to be rescheduled, do know our surgical scheduling and nursing teams will assist you in re-scheduling your Pre-Operative Appointment at Bella and your Pre-Admission Appointment at the hospital.

PRE-OP APPOINTMENT: MEDICAL HISTORY & PHYSICAL

What to expect:

- We will review your complete medical, surgical, family, and social history, as well as discuss any allergies and medications you may be taking.
- We will perform a pre-surgery physical.
- We will discuss the surgical consent.
- We will review any pre-surgical instructions, including possible instructions for bowel prep and ERAS (Enhanced Recovery After Surgery) protocols your surgeon may want you to perform for optimal success.

APPOINTMENT DATE: _____

ERAS PROTOCOL:

PLEASE TAKE NOTE OF YOUR SURGEON'S ENHANCED RECOVERY AFTER SURGERY (ERAS) PROTOCOL(S) AND OTHER INSTRUCTIONS HERE.

PRE-ADMISSION APPOINTMENT AT THE HOSPITAL

What to expect:

- You will meet with a nurse to complete admission paperwork.
- You will review medication names and dosages for all of the medications you are currently using, including prescriptive medications, over-the-counter medications, and natural supplements.
- Be prepared to discuss both the type and dosages of all vitamins, herbal, and other dietary supplements you take regularly.
- You will discuss any medication-based or food-based allergies and their

potential effects.

- You will complete any necessary diagnostic tests (labs, x-rays, etc.).
- You will provide the names and phone numbers of your primary care physician and any other specialists charged with your care.
- You will provide the hospital with important documents, such as your insurance card, government-issued ID, advanced directive, or living will.
- You may be instructed to change your medication schedule.

APPOINTMENT DATE: _____

MEDICATIONS TO AVOID PRIOR TO SURGERY

- **DO NOT** take any of the following the week prior to your surgery:
 - Ibuprofen (Motrin)
 - Naproxen sodium (Aleve)
 - Aspirin
 - Vitamin E
 - Fish oil
 - Herbal supplements (such as St. John's Wort)
 - Dietary supplements

Packing List

Pack only the personal essentials you will really need.

ESSENTIALS INCLUDE

- Glasses or contacts (including your holding case and cleaning solution)
- Hearing aid(s)
- Dentures (including any holding container)
- Bathrobe, slippers, loose gown, and toiletries if you are staying overnight
- Identification and other important documents, including a valid picture ID, insurance card, advanced directive, living will, etc.
- List of your medications, vitamins, and natural supplements

Other belongings, like jewelry and personal valuables, should be left at home.

Please keep in mind that the hospital is not responsible for lost or damaged personal items. Better to play it safe, and pack light.

Day of Surgery

Ready! Set! Let's Go!

24 HOURS BEFORE SURGERY

DO NOT EAT OR DRINK ANYTHING (including gum, candy, or water) after midnight the day of your surgery. This is very important, as surgery may need to be delayed if you drink, eat, or chew anything after midnight.

LOGISTICAL CONSIDERATIONS

- You should arrive at the hospital two hours before your surgery.
- Allow extra time for traffic and parking.
- Go to the main entrance of the hospital and check in with the primary admissions team (at the main Admissions Desk).
- First, you will be asked to meet with an admissions registrar to complete the final details of your admission process.
- Next, you will be directed to the pre-operative area, where final pre-op requirements will be completed by your health care team.
- One support person may remain with you during this time.

PARKING TIPS

- **Swedish Hospital | 501 E. Hampden Avenue, Englewood, CO 80113**
 - Complimentary valet parking is available from four locations on the Swedish campus, including at the Main Hospital Entrance (where you will enter to check in), between 5:00 am-7:00 pm, Monday through Friday. Please let the valet know if you will be retrieving your car after valet closes, so that proper arrangements can be made.
 - Complimentary self-parking is also available, again from multiple locations, but we recommend you initially park in the South Garage across from the hospital's Main Entrance, as that is where you will need to sign in. It offers a covered walkway from the parking structure to the third floor of the main hospital building.

- **Littleton Adventist Hospital | 7700 S. Broadway, Littleton, CO 80122**
 - Valet and self-parking is available. The main entrance of the hospital is usually open 24 hours a day, 7 days a week; however, local health restrictions can change hours of access. When you're choosing how to park, please opt for an option convenient to the main entrance of the hospital.

BEFORE ENTERING THE OPERATING ROOM

- You will be invited to dress in a hospital gown and remove any jewelry or piercings. You will also be asked to take out your contacts, remove your glasses or hearing aids, as well as any dentures or bridges.
- Please give all your belongings to your support person for safe keeping during your procedure.
- For your safety, you will have an identification bracelet and allergy band presented for you to wear throughout your stay.
- Your identity and any allergies will be confirmed repeatedly throughout your surgery to ensure your safety.
- A pre-operative nurse will review your medical history and help you prepare for your surgery.
- This will include placing an IV and possibly drawing necessary final labs.
- Your surgeon, anesthesia provider, and operating room nurse will visit you.
- Your surgeon will discuss your surgery with you one last time, answering any final questions.

ENTERING THE OPERATING ROOM

- Once preparations are complete, you will be escorted to the operating room by the anesthesia provider and operating room nurse.
- The operating room can be cold and bright, but remember you are not alone!
- Your operating room nurse, the anesthesia provider, and your Bella surgeon will be with you the whole time.
- We will advocate for you.
- Meanwhile, your support person will be directed to the appropriate surgical waiting room and updated about your progress at appropriate intervals time(s) and/or when the surgery is complete.

IMMEDIATELY AFTER SURGERY

- Immediately following surgery, you will be escorted to the Post Anesthesia Care Unit (PACU) to “wake up.”
- In Phase I of your recovery, your support person will not yet be allowed to join you.
- But don’t worry, your Bella surgeon will be visiting with your support person, informing him or her about the completion of the surgery and how you’re faring.
- After Phase I of recovery is complete, you will transition to one of two areas:
 - Option 1: An inpatient room where your care will continue overnight.
 - Option 2: A Phase II location where you can continue to recover, and where you will likely be reunited with your support person (pending local health restrictions) and begin the process of transitioning to go home.
- If you are being admitted to an inpatient room, you can anticipate that hospital nurses will assist you with pain management, medication administration, vitals monitoring, use of the restroom, and any other personal care needs you might have throughout your stay.
- They will continue to check on you throughout the night as well, so that you feel supported and safe.
- If your surgery allows you to go home same day, you will transition to a Phase II recovery space.
- Once essential milestones are met (usually an hour or two after your procedure’s completion), you will receive home care instructions and be discharged, with instructions on how to follow up with your physician and the hospital, and whom to call should something change in your recovery progress.
- Goals for discharge include:
 - Pain and nausea are under control.
 - You can tolerate eating, drinking, walking, and using the restroom.

Following Surgery

Your Bella team is still with you.

WHEN YOU’RE BACK AT HOME

The journey is not finished once surgery is over. Recovery is a process. This is going to take some time. Rest! Drink water! Slowly reinitiate activity.

YOUR FOLLOW UP APPOINTMENTS AT BELLA

2 WEEK FOLLOW-UP APPOINTMENT: _____

6 WEEK FOLLOW-UP APPOINTMENT: _____

(if needed)

BE ON WATCH FOR ANY NEGATIVE RECOVERY SIGNS

Reasons to call us right away:

- If you develop a fever that reaches **100.4 degrees** Fahrenheit or greater
- Unusual or increased swelling, redness, or pain at an incision site
- Foul smelling incision discharge
- If your incision opens or begins to bleed in excess or an unusual way
- If you're experiencing any serious side effects from your medication
- If you have any intolerable pain
- Vaginal bleeding more than one pad per hour

RETURNING TO ACTIVITY

What we are hoping for:

- We encourage you to be active as soon as it is safe, which is typically during the evening following your procedure (same day).
- We recommend that you walk, sit up in a chair, or turn over frequently in bed.
- These things help with speeding up your recovery.

Different surgeries present different limitations on activity. Generally, you should not lift objects heavier than 10 pounds for 6 to 8 weeks. Lifting heavy objects too soon may weaken your incision. Your doctor will tell you specific activity instructions for your type of surgery.

Remember, there is no driving for at least 24 hours.

If you had an "open" surgery, there will be no driving for two weeks.

NEVER drive while taking narcotic pain medications.

Remember all warnings related to intercourse. Please ask your surgeon about when it is safe to return to tampon use as well.

Your surgeon will also discuss with you the best timing to return to work.

THE IMPORTANCE OF GOOD NUTRITION

You may resume your regular diet when you return home unless your doctor has given you special dietary instructions.

It is normal to have a minimal appetite immediately following surgery, but do not neglect the intake of fluids – plenty of them – especially WATER!

Take nausea medication as needed if it has been provided by your doctor.

CONSTIPATION & OTHER DISCOMFORT

Constipation is a possible complication post-surgery (defined as a lack of a bowel movement over the course of several days). Possible causes of constipation include anesthesia, your pain medications, not drinking enough fluids, and abdominal surgery itself.

Drinking fluids and eating plenty of fiber can help prevent constipation. Stool softeners might also be a good idea, but please discuss all medications with your physician.

Please also notify your medical team if you are not passing gas, are experiencing intense abdominal pain, and / or feel unusually bloated.

You should also know that you might experience aches and pains in unusual areas, like your shoulders or neck, as anesthesia and gas work their way out of the body immediately following surgery.

MANAGING PAIN

We want to keep you comfortable while administering your medications in safe, effective ways.

- We will order pain meds to assist in your recovery. We will provide

instructions on how to use them safely for maximum comfort.

- Only take what you need.
- But do take what is prescribed, as too much pain or discomfort could discourage you from initiating activities important to your recovery.
- If you have any concerns about your pain management, please do not hesitate to contact Bella.
- Please report any new, increasing, or unrelieved pain to your physician.

CARE FOR YOUR INCISION SITE

It is important to properly care for your incision to ensure healing.

- Wash your hands before and after touching your incision(s).
- Hand washing is a primary way to prevent infection.
- It is normal to have some numbness around the incision site for some time after surgery. This should subside as the incision heals.
- If you have been sent home with sterile tape over your incision, you may shower, but be gentle around the taped area.
- Use regular soap and water.
- Wash your incision gently, and then pat the incision dry.
- Do not pull, tug, or rub the tape.
- If the tape has not fallen off two weeks following surgery, then you may peel the tape off gently.

Thank You for Trusting Us!

The decision to elect surgery is important.

BELLA EXISTS TO MAKE PEOPLE WHOLE – BODY, MIND, AND SOUL

We hope this surgery packet has answered essential questions, eased any concerns, and provided instructions for post-operative success. What is most important is that you feel informed and hopeful about what is to come. Our providers care about your wellbeing. We are with you every step of the way.

PLEASE SIGN BELOW INDICATING YOUR UNDERSTANDING AND AGREEMENT TO THE PROTOCOLS AND POLICIES OUTLINED IN THIS DOCUMENT.

NAME: _____

SIGNATURE: _____

DATE OF BIRTH: _____

DATE: _____

IMPORTANT CONTACT INFO

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