



**LAKE CUMBERLAND**  
Regional Hospital

*Leading the way to better healthcare.*

*Quick Reference Guide To:  
Outpatient Services -  
Lake Cumberland  
Surgery Center*

305 Langdon Street  
Somerset, KY 42503  
(606) 679-7441  
[www.lakecumberlandhospital.com](http://www.lakecumberlandhospital.com)



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# Lake Cumberland Surgery Center

## Preparation Instructions

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### Prior to Procedure:

- LATEX Allergies must be reported to physician and the surgery center prior to surgery.
- A member of the surgery center business office will attempt to contact you for a pre-registration call 3-5 days prior to your procedure to review your insurance benefits and personal information.
- The day before your procedure a nurse will contact you with your arrival time and a nurse will need to give pre-operative instructions and complete a medical history over the phone if one has not been done.
- A shower may be taken the evening before or on the day of surgery.
- Do not drink any alcohol for at least 24 hours prior to and after surgery.
- If you become ill with a cold, flu, fever, cough or rash, you will need to contact your doctor immediately and your procedure may be rescheduled.
- An adult must accompany you and remain at the surgery center until you are discharged. A parent or legal guardian must also accompany children or minors. You cannot drive for 24 hours after the procedure.
- If you did not discuss your medications with a nurse or complete a medical history interview, please bring a list of medications with you.
- You should not eat or drink anything after midnight the night before surgery, unless otherwise instructed by physician or nurse at the surgery center. Eating or drinking before surgery is dangerous and may cause surgery to be cancelled.

### Day of Your Procedure:

- You may brush their teeth, but do not swallow any water.
- Wear loose, comfortable clothing and leave jewelry and unnecessary valuables at home.
- If your child is having a procedure they may wear their pajamas in and bring a favorite toy or blanket.
- If you wear glasses or contact lenses please bring cases to store them in.
- Bring your insurance cards and a picture ID.
- Upon arrival to the facility you will be asked to sign in and wait to be registered.

# Lake Cumberland Surgery Center (continued)

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## Day of Your Procedure Continued:

- After registration you will be called back to the pre-operative area to be prepped for surgery. The pre-op process takes 30-45 minutes.
- After you are prepped, the staff will allow a family member back to sit with you while you wait.
- An anesthesiologist will examine you and ask you about your health in the pre-op holding area prior to the procedure.
- The nursing staff that will be with you during your procedure will also speak with you in pre-op.

## During the Procedure:

- An Anesthesiologist or Nurse Anesthetist will be monitoring your vital signs during the procedure at all times.
- Procedure times vary based on what is being performed. If you have not been given an estimated time please ask your nurse.

## After the Procedure:

- After the procedure is done, the doctor may talk to your family in the lobby or wait and talk to you and your family when you are awake in the recovery room.
- A family member will be allowed in the recovery room to assist you in dressing and to receive your verbal and written discharge instructions.
- You cannot drive or operate heavy equipment for 24 hours after your procedure due to the anesthesia medicine you received for your procedure.
- You should not sign any legal documents or make any important decisions for 24 hours.
- You should not be home alone after the procedure and we recommend that you have someone to remain with you.

## At Home:

- If you have any questions after arriving home please contact us at 606-678-9688. If it is after hours please call the hospital at 606-679-7441 to reach the physician on call for your surgeon. If you experience problems after your procedure and cannot reach your physician, please return to the nearest emergency room.
- A nurse will attempt to contact you the day after your procedure to check on you and answer any questions you may have.
- Our patient's needs and concerns are very important to us so if at any time before, during or after your visit, please don't hesitate to call us with any questions.

# TELEPHONE DIRECTORY

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## DEPARTMENTS

<b>Centralized Scheduling</b>	<b>606-678-3545</b>
<b>Main Hospital</b>	<b>606-679-7441</b>
<b>Ambulatory Care Unit</b>	<b>606-451-2904</b>
<b>Cardiopulmonary Services</b>	<b>606-678-3139</b>
<b>Laboratory Services</b>	<b>606-678-3160</b>
<b>Radiology Services</b>	<b>606-678-3175</b>
<b>Surgery Center</b>	<b>606-678-9688</b>