

### Directions to Our Facility

ParkCreek Surgery Center is conveniently located on North State Road 7 (Route 441), 1,000 feet South of Hillsboro Boulevard in the Haverty's Furniture Plaza which includes ample free parking. From I-95 take the Hillsboro Boulevard exit and go West about six miles to N. State Rd. 7 (Route 441). From the Sawgrass Expressway, take the 441 North Exit and travel about one mile.



### Your Procedure Information

Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Physician: \_\_\_\_\_

Physician Phone: \_\_\_\_\_

Special Instructions: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Enter Your Online Medical History at:

[www.ParkCreekASC.com](http://www.ParkCreekASC.com)

Provided by:



# PARKCREEK

Surgery Center



### General Information

6806 North State Road 7 (Route 441)  
Coconut Creek, Florida 33073

Phone (954) 312-3500

Fax (954) 312-3221

[www.ParkCreekASC.com](http://www.ParkCreekASC.com)

## **URGENT FOR EACH PATIENT**

If someone from ParkCreek Surgery Center has not called you **at least 3 days** before your procedure, **please call Parkcreek immediately**. Parkcreek is required to verbally inform you of your rights as a patient **prior to your day of surgery**.

If we are not able to speak with you before the date of your procedure: **YOUR CASE MAY HAVE TO BE CANCELLED!!**

Please call between the hours of 9:00 a.m. and 5:00 p.m. The numbers are: 954-312-3551 or 954-312-3560 for the Pre-Op Assessment nurses. If you reach a voice message, please clearly state your name and all phone numbers where you can be reached and the nurse will return your call.



## Preparing for your Procedure Instructions

### Pre-op Instructions

#### Preparing for your Procedure

Prior to your scheduled procedure, a member of our staff will call to discuss your care at our Center. Medical information, instructions specific to your procedure and financial arrangements may be discussed at that time.

You are always welcome to arrange a personal tour of the Center to get acquainted with our staff and facilities.

For your safety and protection, you will not be allowed to drive following your procedure. Please arrange for someone to bring you and to escort you home from the Center. We ask that it be a parent who brings a child scheduled for surgery.

If you live alone, we suggest that you arrange for someone to stay with you the first night after your procedure.

If you notice any health changes, please call your doctor before the day of your procedure. Report even minor changes such as a cough or cold.

Standard outpatient procedures are generally covered by your medical insurance. Full payment for any applicable deductible or co-pay is required at admission.

For your convenience, VISA, MasterCard, and personal checks are accepted.

Procedures not covered by insurance require 100% payment at the time of admission.

Your physician and anesthesiologist fees, as well as any pathology or laboratory studies, are processed separately by the individual service providers.

#### The Day Before Your Procedure

- Eat a light dinner the evening before your procedure.
- Refrain from smoking after 6:00 p.m. the day before your procedure.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**, this includes water, hard candy and chewing gum. This is very important to avoid complications and possible postponement of your procedure.

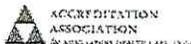
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#### Affiliated with:



ParkCreek is also the official  
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the National Hockey League's  
Florida Panthers.

#### Services & Resources

- Anesthesiology
- Gastroenterology / GI
- General Surgery
- Gynecology
- Retinal Surgery
- Otolaryngology / ENT
- Orthopaedic Surgery
- Pain Management
- Plastic / Cosmetic Surgery
- Podiatric Surgery
- Spine Surgery
- Urology



## The Day of Your Procedure

It's not every day that people take time to have medical procedures. As a result, on the morning of your procedure, you should feel well rested beforehand. Please be sure to get a good night's sleep the night before.

On the day of your Surgery Center visit, please plan on arriving an hour before your scheduled procedure. Keep in mind that roads leading to the Center may have commuter traffic, so consider leaving early so that you drive at a leisurely pace and not have to worry about traffic delays. Please click here to print out directions and a map.

### Before leaving your home, be sure to

- Bathe or shower
- Brush your teeth - taking care not to swallow any water
- Remove any contact lenses, make-up and nail polish
- Leave any jewelry and valuables at home
- Dress comfortably. We dress comfortably here and you should too! Casual, loose fitting clothes and flat-heeled shoes are suggested.
- Confirm that someone will stay with you for the first 24 hours following your procedure.

### And don't forget to bring

Insurance cards, any insurance forms and at least one form of photo identification Special items that your doctor has requested. That may include a brace or a pair of crutches.

It is important that you arrive on time and promptly begin admitting preparation. A parent or legal guardian must be present to sign Consent Forms if the patient is a minor.

The person driving you home will be able to wait comfortably during your procedure. To maximize the comfort of everyone waiting, we ask that only one person accompany you. However, both parents of our pediatric patients are welcome.

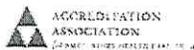
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### Resources

[Worker's Comp](#) | [Personal Injury Attorneys](#)

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## FREQUENTLY ASKED QUESTIONS (FAQs)

1. **How many Surgeons does ParkCreek have on staff?**  
 Our team of Surgeons and Anesthesiologists consists of over 50 community physicians that have been granted privileges at Salinas Surgery Center.
2. **How long does surgery take?**  
 Depending on the type of surgery performed, it generally ranges from one to three hours.
3. **When can I get back to work?**  
 Many things lend to the recovery period, type of surgical procedure, length of surgery and patient's health. A short surgical procedure will take 1 to 2 days of recovery, while lengthy procedures may require longer recovery times. Your surgeon can share more specific information so that you know what to expect.
4. **Does the Surgery Center accept credit cards or offer financing?**  
 Yes. Visa and Mastercard are accepted. In addition, there is a medical financing program that is available for selected procedures. This is administered by Capital One.
5. **Do I need to have blood work done, or any other tests?**  
 Your surgeon will order all tests that are appropriate to your particular surgery.
6. **When do I pay for elective surgery?**  
 Patients whose procedures are not covered by insurance are asked to make payment before procedure date unless other arrangements are made. Patients with verified insurance are asked to pay their portion on or before the day of surgery. This may include a co-pay or co-insurance.
7. **What type of Anesthesia is used there?**  
 General, local, regional, and spinal anesthesia are all available. Sedation is also available for selected cases as well. The anesthesia selected is determined by the anesthesia provider in consultation with the surgeon and takes many things into consideration: the patient's health, the length of the procedure and other factors.
8. **Can I go home on my own?**  
 No. On discharge post-surgically you MUST be accompanied by a responsible adult. Public transportation is NOT an option.
9. **Do you provide post nursing care?**  
 If your surgery requires extensive post-operative care, we can help arrange for home care nurse through local services.
10. **Can I eat, drink or smoke before surgery?**  
 No. Most surgical procedures require that you refrain from eating past midnight; clear liquids may be taken up to 3 hours before surgery. In terms of smoking, you should not smoke the day of surgery. The best bet is to refrain from smoking as long as you can prior to the date of procedure.
11. **What are some of the similarities between hospitals and surgery centers?**  
 As with hospitals, surgery centers are monitored and regulated by officials in the State of Florida to ensure patient care quality and safety. Surgery takes place in a sterile operating room suite with modern equipment. Patients are cared for by doctors and nurses, all of whom trained, and in some case still work at hospitals. Like hospitals, surgery centers have modern recovery areas where patients recuperate before being able to go home.
12. **What are some of the differences between hospitals and surgery centers?**  
 Four of the more common differences are discussed below:

## FREQUENTLY ASKED QUESTIONS (FAQs)

- Time. Hospitals are open 24 hours a day, seven days a week and respond to emergencies in the community. This often requires unscheduled operations and procedures which, in turn, delay scheduled procedures and operations. Surgery centers do not provide emergency care and all of the services provided are scheduled ahead of time.
- Cost. Because surgery centers do not have to provide staffing overnight or on weekends, the costs are lower. In addition, all patients who are cared for have insurance or some means of paying. This eliminates the need to have insurers paying higher prices to subsidize the patient care costs for persons who cannot afford the medical care they need.
- Focus. Surgery centers provide a smaller range of services than a hospital. People do not come here for cardiac care, for instance. Patients who require overnight monitoring cannot be treated onsite at a surgery center. By focusing on fewer procedures, and performing them every day, surgery centers can be efficient and good at what they do.
- Convenience. In addition to safety, Surgery Centers are generally designed for access and efficiency. Many of the principles used in designing modern stores are used with surgery centers as well.

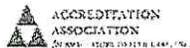
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# Trigger Finger

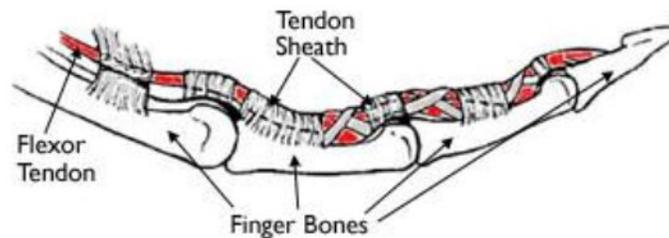
Trigger finger limits finger movement. When you try to straighten your finger, it will lock or catch before popping out straight.

Trigger finger is a condition that affects the tendons in your fingers or thumb.



In this photo, the patient's finger sticks in the bent position as she tries to straighten it.

## Anatomy



The tendon sheath attaches to the finger bones and keeps the flexor tendon in place as it moves.

Tendons are tissues that connect muscles to bone. When muscles contract, tendons pull on bones. This is what causes some parts of the body to move.

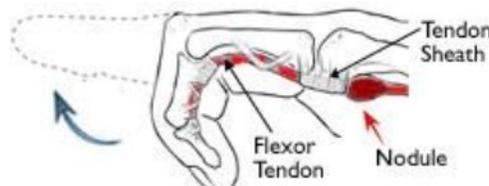
The muscles that move the fingers and thumb are located in the forearm, above the wrist. Long tendons — called the flexor tendons — extend from the muscles through the wrist and attach to the small bones of the fingers and thumb. These flexor tendons control the movements of the fingers and thumb. When you bend or straighten your finger, the flexor tendon slides through a snug tunnel, called the tendon sheath, that keeps the tendon in place next to the bones.

## Description

The flexor tendon can become irritated as it slides through the tendon sheath tunnel. As it becomes more and more irritated, the tendon may thicken and nodules may form, making its passage through the tunnel more difficult.

The tendon sheath may also thicken, causing the opening of the tunnel to become smaller.

If you have trigger finger, the tendon becomes momentarily stuck at the mouth of the tendon sheath tunnel when you try to straighten your finger. You might feel a pop as the tendon slips through the tight area and your finger will suddenly shoot straight out.



The thickened nodule on the flexor tendon strikes the sheath tunnel, making it difficult to straighten the finger.

## Cause

The cause of trigger finger is usually unknown. There are factors that put people at greater risk for developing it.

- Trigger fingers are more common in women than men.
- They occur most frequently in people who are between the ages of 40 and 60 years of age.
- Trigger fingers are more common in people with certain medical problems, such as diabetes and rheumatoid arthritis.
- Trigger fingers may occur after activities that strain the hand.

## Symptoms

Symptoms of trigger finger usually start without any injury, although they may follow a period of heavy hand use. Symptoms may include:

- A tender lump in your palm
- Swelling
- Catching or popping sensation in your finger or thumb joints
- Pain when bending or straightening your finger

Stiffness and catching tend to be worse after inactivity, such as when you wake in the morning. Your fingers will often loosen up as you move them.

Sometimes, when the tendon breaks free, it may feel like your finger joint is dislocating. In severe cases of trigger finger, the finger cannot be straightened, even with help. Sometimes, one or more fingers are affected.

## Surgical Treatment

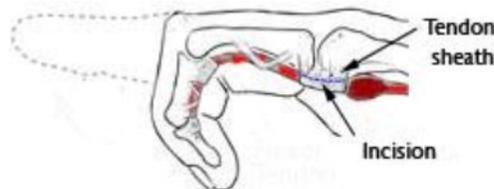
Trigger finger is not a dangerous condition. The decision to have surgery is a personal one, based on how severe your symptoms are and whether nonsurgical options have failed. In addition, if your finger is stuck in a bent position, your doctor may recommend surgery to prevent permanent stiffness.

### **Surgical Procedure**

The goal of surgery is to widen the opening of the tunnel so that the tendon can slide through it more easily. This is usually done on an outpatient basis, meaning you will not need to stay overnight at the hospital.

Most people are given an injection of local anesthesia to numb the hand for the procedure.

The surgery is performed through a small incision in the palm or sometimes with the tip of a needle. The tendon sheath tunnel is cut. When it heals back together, the sheath is looser and the tendon has more room to move through it.



During surgery, the tendon sheath is cut.

### **Complications**

- Incomplete extension — due to persistent tightness of the tendon sheath beyond the part that was released
- Persistent triggering — due to incomplete release of the first part of the sheath
- Bowstringing — due to excessive release of the sheath
- Infection

### **Recovery**

Most people are able to move their fingers immediately after surgery.

It is common to have some soreness in your palm. Frequently raising your hand above your heart can help reduce swelling and pain.

Recovery is usually complete within a few weeks, but it may take up to 6 months for all swelling and stiffness to go away.

If your finger was quite stiff before surgery, physical therapy and finger exercises may help loosen it up.