

Patient Information

We take pride in our total commitment to high quality and compassionate healthcare. Our physicians have access to advanced technology and are assisted by a highly trained and dedicated professional staff.

The surgery center is a partnership between Carondelet Health Network and physicians who care about their patients and provide an alternative to in-hospital surgical care. All procedures are outpatient and recovery is in the comfort of your own home—saving time and the expense of an overnight hospital stay.

It is important that you read and follow these instructions to help ensure your comfort and well-being before, during and after surgery. Please note that not following these guidelines could result in the cancellation of your surgery.

Considerations Before Surgery

- Notify your physician before coming to the surgery center if there are changes in your health, such as cold, flu or fever
- We make every attempt to contact you 48 hours prior to surgery. If you have not spoken to a staff member within that timeframe, call the surgery center for specific instructions.
- If you are diabetic or on heart or blood pressure medication, obtain specific instructions from your physician about taking your medicine.
- Be prepared to sign a consent form giving authorization for the surgery. If the patient is under 18, a parent or legal guardian must accompany the patient and sign the consent form.

The Night Before

- You may eat a light snack before 10 pm, but do not eat or drink anything after midnight – not even coffee or water.
- You may brush your teeth, but do not swallow anything.
- Do not eat mints, chew gum or smoke.
- Do not take any medication after midnight unless instructed by your physician or the surgery center.

The Day of Surgery

Getting Ready

- Arrive one hour before your scheduled surgery.
- Bathe or shower, remove all makeup, and do not use lotions or body oil.
- Wear loose, comfortable clothing, including easy-to-button shirts that are large enough to accommodate a bandage. Wear comfortable shoes – no high heels.
- Leave valuables at home, including credit cards, cash and jewelry. The surgery center is not responsible for damaged or lost property.
- If you wear contact lenses or glasses, bring a case for safekeeping.
- The surgery center can provide containers for removable dentures and bridgework.
- Bring your insurance card(s) and driver's license.
- Silence your cell phone and refrain from using it in patient areas.
- Ask your family to wait in the lobby. Your surgeon will speak with them immediately following surgery.

Upon Arrival

- You will receive a patient gown, slippers and a bag to store your clothing.
- In the pre-operative area, a registered nurse will review your health history, answer questions, and help you prepare.

- The anesthesiologist assigned to your care will talk with you and answer questions.
- Your safety and comfort during the procedure are a high priority.
- After surgery, the type of procedure and anesthesia will determine how long you will be in the recovery room and your anesthesiologist will determine when you can be discharged.

Preparing to Go Home

- It is not unusual to feel sleepy, dizzy or lightheaded for several hours after surgery.
- The recovery room nurses provide written instructions from your doctor about post-procedure care, which are very important to follow to promote healing and provide the best possible outcome.
- Plan ahead for a responsible adult to take you home. Even if you take a taxi, you must have another adult with you.

Healing at Home

- Take it easy and have someone available to help you.
- Follow your physician's orders regarding diet, rest, medications, and activity. Unless directed otherwise, start with clear liquids. In four to six hours, add bland solid foods if you tolerated the clear liquids. By the next day, you should be able to resume a normal diet.
- Do not make any significant decisions, drive, smoke, drink alcoholic beverages, operate machinery, sign important papers, or cook for at least 24 hours after surgery.
- Contact your physician directly with questions or problems.
- On the next business day following your surgery, a surgery center nurse will call to find out how you are and answer questions.
- Call your physician or 911 at any time if you think the situation is an emergency.

Special Considerations For Children

Surgery Center physicians and staff take particular care to help children feel safe and comfortable. Guidelines for pediatric patients (children under the age of 18) include:

- Discuss the surgery with children beforehand to help alleviate stress and anxiety
- The parent or legal guardian must sign a consent form for the procedure when the child is admitted and must accompany the patient to the surgery center and stay until discharge. Young children should be accompanied by two adults for the trip home.
- Bring diapers, bottles, pajamas, and a toy, blanket, or pacifier if you think it will comfort your child.
- Consider staying with your child during pre-anesthesia and recovery periods to minimize separation anxiety and give your child a sense of security.

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SURGERY CENTER

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