

# Preparing for Surgery



## Pre- and Post-Operative Instructions

### Before Your Surgery or Procedure

See your medical doctor about 10 days before your surgery so that all needed exams and tests can be ordered, completed and reviewed by your doctor. Blood tests or other tests, such as an EKG or chest X-ray, may be done at the time of your doctor visit. Depending on your history, physical exam and test results, your doctor or surgeon will give you a medical clearance for your surgical procedure and/or anesthesia. You can pre-register 48 hours prior to your surgery date at (310) 836-7000 ext. 1120, Monday–Friday, between 8 a.m.–4:30 p.m. Notify your doctor if you have developed any changes in your health, such as fever, cough or cold.

### Surgery/Procedure Day

#### Admission

Check in at the main lobby of the hospital. You will be directed to a registration clerk who will complete your registration and notify the surgery department. We recommend you pre-register 48 hours prior to your surgery date at (310) 836-7000 ext. 1120, Monday–Friday from 8 a.m.–4:30 p.m.

#### Ambulatory Care Unit

Prior to surgery, you will be escorted to the ambulatory care unit (ACU) and asked to change into a hospital gown. Your personal belongings will be placed in a plastic bag and stored or given to your family member/friend.

The staff will complete assessment requirements, such as taking your vital signs (temperature, blood pressure and pulse), complete any orders written by your doctor (X-rays, lab work, etc.), start an IV, and obtain your consent for the procedure.

You will be transported to the pre-operative area approximately one hour prior to your procedure time. Family may remain with you, if desired, until you are transferred to the operating room.

### After Surgery/Procedure

After surgery, you will be held in the recovery room where you will be monitored closely by our specially trained nurses. The time you spend in recovery depends on your procedure and anesthesia.

#### Pain Relief

You may have some pain or discomfort after surgery, which is to be expected. Relieving your pain is our goal. We will be asking you to rate your pain on a scale of 1–10.

#### Patient Experience

Our goal is to provide you and your loved ones with an excellent experience. If you have any concerns during your stay, please ask to speak to the nursing supervisor or our Patient Ambassadors. Call (310) 836-7000 ext. 1234 for assistance. Please feel free to pass along any compliments as well!

#### Dialing Out

Using an inpatient hospital phone (local calls only), press 9, then enter 1+area code+phone number.

#### Discharge

You may receive a prescription upon discharge or your doctor may have pre-arranged to call in your medication to a pharmacy. You will receive printed discharge instructions from your nurse. If you have any questions, please ask your nurse to clarify any information.

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## Patient Experience Survey

When you get home, you may be contacted about your experience with us. Please take the time to answer the questions. Our staff and Patient Ambassadors are committed to ensure you have an excellent stay with us. However, should you encounter a problem, we'd like to resolve it while you in the hospital. Ask to speak to your nursing supervisor or one of our Patient Ambassadors for assistance at (310) 836-7000 ext. 1234.

## Billing

As our patient, you have the right to understand our billing processes and how our financial counselors can be of assistance to you. If you have any questions or concerns about your bill, please let us know at (310) 836-7000 ext. 3100.

## Surgery Checklist

### On the day of surgery, bring:

- Photo ID
- Insurance card(s)
- Social Security number
- Emergency contact info
- Advance Directive, Durable Power of Attorney (DPOA) or Living Will
- Name and number of person driving you home
- Comfortable clothing
- Personal hygiene items of preference
- Reading materials

- **Arrival:** Contact your doctor's office to confirm your expected time of arrival in the admissions office. Time of arrival is usually two hours before your scheduled procedure or surgery. Please take your travel time into consideration when scheduling your arrival.
- **Transportation:** You will need to have someone drive you home after your procedure if you received anesthesia.
- **Allergies:** It's very important to know your medication and food allergies to alert our healthcare providers.
- **Food and Drink:** Do *not* eat or drink after midnight before your procedure or as instructed by your doctor. This includes any fluids, gums or candy. You may brush your teeth and rinse, but do not swallow. You should



take any medicine as your doctor instructed with a small sip of water the day of the surgery.

- **Medications, Supplements and Drugs:** Ask your doctor if any of your medications need to be stopped before your surgery or procedure. Please provide a complete account of any prescription medicine, non-prescription (recreational) drugs, dietary supplements, vitamins and herbs you may be taking.

Medications can have undesirable effects when combined with certain substances. Some prescription medications, over-the-counter medications and supplements can cause thinning of the blood and increase bleeding during your surgery.

- **Blood Donation:** Talk with your doctor to request blood donation.
- **Post-Surgery Supplies and Equipment:** Ask your doctor if you need to bring supplies or equipment, such as splints, slings, wheelchair, cane, walker, etc., with you to the hospital.
- **Studies and Test Results:** If you have any study or test results that are related to your surgery, please bring them with you to the hospital.
- **Changes in Health or Physical Condition:** Notify your doctor if you have developed any changes in your health, such as fever, cough or cold.

### Do not bring:

- ✓ Jewelry
- ✓ Valuables (including cash, checks or credit cards)
- ✓ Home electronics

If you do bring valuables; please let your admissions representative know to lock them up for safekeeping with a signed copy of secured items.