



## Pre-Admission Information and Instructions

Thank you for choosing South Denver Surgery Center for your surgery. Our goal is to make this a first class experience for you and your family. You may have concerns or questions regarding your surgical procedure. Below you will find information and instructions pertaining to your surgical visit. Please let us know if you have any unanswered questions we can assist with.

### **Prior to the day of surgery:**

A nurse will contact you prior to your procedure to conduct an assessment and review pre-operative instructions. Please make every effort to participate in this over-the-phone assessment to ensure your safety and help prevent procedure cancellation. The assessment includes review of your medical history and information concerning your surgery. If a nurse has not contacted you prior to the day before your surgery, please contact the center between the hours of 9:00 AM and 3:00 PM. If your physician has prescribed braces, splints, crutches, etc. please acquire them prior to surgery and bring them with you on the day of your procedure. Additionally, you may be contacted by our business office staff to notify you of any financial responsibility required on the day of your procedure.

### **Pre-operative Testing:**

Your physician may prescribe pre-operative diagnostic tests such as electrocardiogram, laboratory tests or diagnostic imaging (X-rays, CT Scan, MRI) to ensure your preparation for your procedure. Please complete these test at least two days prior to your procedure date so that we can include the information in your pre-operative assessment and medical record. Depending on your medical history, we may recommend and coordinate additional testing in order to ensure you are prepared for your procedure and anesthesia.

### **Day of Surgery:**

Please come to the center at the time indicated by the nurse. You will be registered at the front desk and any financial responsibility will be collected. You will be brought to the pre-operative area where nurses will review your medical history and prepare you for surgery. An anesthesia provider and your physician will also assess you prior to surgery. From there you will be taken to the operating room where your procedure will be performed. Our lobby is equipped with WiFi internet access, television and reading materials for those waiting for patients. We recommend that your support person remain at the center during your procedure.

### **Following Surgery:**

- After your procedure you will be taken to the Recovery Room where nurses and your anesthesia provider will monitor your recovery and prepare you for discharge.
- You will be assessed for pain using a Pain Scale from 0-10, (0 being no pain and 10 being the worst possible pain). We will make every effort to make you as comfortable as possible.
- The average time in recovery is approximately 60 minutes, however some procedures may require lengthier monitoring. We will ensure you are safely released in an appropriate time frame when you have met discharge criteria determined by your physician or anesthesia provider.
- You and your support person will be provided post-operative instructions and education specific to your procedure. You should have a responsible adult to care for you up to 24 hours after your procedure.
- A nurse from the center will contact you following your surgery to see how you are progressing.
- Following your surgery we ask that any questions or issues be brought to the attention of your physician. You may contact the center with questions, however most follow-up is handled by your physician or their office staff. **(In the event of an emergency, please call 911 or have a responsible adult drive you to the nearest hospital emergency room.)**

**TURN OVER FOR PRE-OPERATIVE INSTRUCTIONS**

## PATIENT PRE-OPERATIVE INSTRUCTIONS – DAY OF SURGERY

(Please note, failure to follow these instructions may lead to cancellation of your surgery.)

### Eating and Drinking Before Surgery

#### Adults and Children over 12:

- Nothing by mouth after midnight the night before surgery, unless otherwise described by your physician, anesthesiologist or pre-op nurse.
- Do not use tobacco products, chew gum, or eat candy/mints prior to your surgery.

### Additional Instructions

- Please refrain from alcohol or recreational drug use 24 hours prior to your procedure.
- Take any medications for your heart, blood pressure or lungs that you normally take **with minimal water** as advised by the nurse on your pre-op call. Take any diabetic medications as directed by your doctor or the surgery center nurse who will be discussing your condition with the anesthesia provider.
- Notify your physician or call the surgery center if there is any change in your physical condition (cold, fever, flu symptoms, etc.) 24-48 hours prior to surgery
- You may shower before arrival but do not apply lotion. Remove all make-up, jewelry (including body jewelry).
- Wear loose, comfortable clothing that will fit over bulky dressings (especially if having knee or shoulder surgery). If you wear glasses or contact lenses, please bring a storage case. If you wear dentures, they may require removal for your surgery.
- Please make arrangements for transportation to and from the surgery center with a responsible adult that will participate in your post-operative instructions and care. We request the person giving you a ride stay at the center during your procedure. (We are unable to discharge you to a taxi or public transportation.)
- Please bring your insurance card, picture ID and a form of payment for your financial obligations. (For additional financial information please refer to the Insurance and Billing information form.)
- We ask that you not bring valuables to the center; however we will make arrangements to securely store small items if necessary.
- If bringing children as patients or waiting, we encourage bringing books or toys to occupy them.
- If you require special needs in interpretation please let us or your physician know and we will make appropriate arrangements.