

Adult Ambulatory Surgery

The day before your surgery:

About food and liquid:

Do not eat any solid food, chew gum, or have any candy after midnight the day before you surgery. You may have water, black coffee or tea up to 3 hours before the time of your admission for surgery.

If you consume any solid food, drink broth, thick liquid, milk or powdered creamer after midnight the evening before your surgery, we WILL postpone your surgery.

About Activities:

NO restrictions

About alcohol:

Refrain from consuming anything containing alcohol.

About smoking:

If you smoke, today is a good day to quit. There have been studies that showed cessation from smoking improves healing. In the long run, your ability to stop smoking will pay off.

About your medications:

Consult your doctor, and continue medications if directed by your doctor.

About Aspirin and Aspirin containing medicines including Ibuprofen, Motrin and Advil:

Please stop taking these medicines at least one (1) week before your surgery. Many patients have had their surgery canceled because of their failure to follow this instruction.

About diet pills and weight reducing medications (prescribed and over-the-counter):

Many diet pill interact with anesthesia. Please stop taking diet pills at least two (2) weeks before your surgery. Surgery will be postponed if you fail to follow this instruction.

What to prepare:

Prepare to bring ALL copies of documents related to your surgery.
Prepare to bring ALL prescription medication(s).

Arrange for a responsible adult to take you home after surgery. Surgery will be postponed if you do NOT have someone available to take you home after your surgery.

What time should I come for my surgery?

Our health care provider will contact you by telephone to remind you of your day and time of arrival to the hospital. If there is a change on the date or time of arrival we will notify you as soon as possible.

If for any reason (personal/family/illness) you need to postpone your surgery, please call us as soon as possible. You may contact your surgeon or his/her scheduler.

The day of your surgery:

Before arriving to the hospital:

Take your medications as directed with a sip of water as needed. If you have diabetes do NOT take any medications related to your diabetes.

Make sure you have a responsible adult to take you home.

Do NOT eat any food.

Remove all jewelry (if possible).

Take a bath with soap and water only.

Remove nail polish. This will help us monitor the amount of oxygen in your blood.

Wear loose clothing.

Do NOT wear any make-up if you are going to have face or neck surgery.

Do NOT shave close to the area of surgery.

Remove your contact lenses. Bring your glasses and a case to put them in.

What to bring with you:

Copies of documents related to your surgery.

All medications prescribed by your doctor.

Bring your medical card.

Money to cover your co-payment (when applicable).

Step One: Admitting

1. Go to the admitting office located on the first floor of the main building to register.

2. After your registration, we will escort you and your companion to the preoperative nursing unit (POU) located on the second floor of the main building. Our surgery waiting area is also located on the second floor. We have volunteers to assist your companion.

3. If your companion wants to speak with the surgeon after your surgery, please let us know. The surgeon will look for you companion on the surgery waiting area.

Step Two: The POU

In the POU, you will meet the following health care providers:

Our Preoperative Nursing Staff-

The role of the POU nurse is to provide you with high quality of health care and service, make sure you are ready for surgery, comfortable and to provide privacy and confidentiality.

He/She will perform the required preoperative nursing assessment, including taking your vital signs (heart rate, blood pressure, etc.)

You will be required to wear the hospital gown.

You may be asked to void (urinate).

We will start an intravenous line (IV). The site for IV insertion sometimes depends on the site of surgery.

Please communicate any concern or issues you may have to your POU nurse. This will help us address your issues as soon as possible.

Your Surgeon:

Your surgeon will see you before we take you to the operating room. If you have any questions regarding your surgery, please inform your POU nurse, so that the surgeon can try to arrange for a little time.

Your anesthesia provider:

Your anesthesia provider will see you before going to surgery. He/She will discuss the type of anesthesia best for you. This is determined by factors such as your health status, location and nature of the surgery. [Click here "Most frequently asked anesthesia questions"](#) for more information.

Your operating room nurse:

The operating room nurse will make sure that all the requirements for surgery are in order and the operating room is ready to have you as our surgical patient. He/ She will accompany you to the operating room.

About your companion:

You may be allowed to have one (1) companion with you while you're waiting in our preoperative nursing unit. For your privacy and the privacy of other patients, we do not allow your companion to walk in and out of the POU.

Step three: The Operating Room

The operating room team:

The operating surgeon

The assistant to the surgeon

The operating room nurse

The operating room instrument specialist

Your anesthesia provider

They will be in the operating room during the entire operation, and your vital signs will be monitored before administration of any type of anesthesia, during and after the surgery.

Step four: The Post Anesthesia Care Unit/Recovery Room (PACU)

After your surgery, we will take you to the PACU where the recovery room nurse will care you for. We will continue to monitor your vital signs and level of consciousness. You will also have an oxygen mask on.

When you reach a street level consciousness, we will take you to the post anesthesia discharge area. You will receive post-surgery instructions and pain medications to take home with you.

We will discharge you from our care when we feel it is safe and with your permission. If you need extended hospital care we are prepared to have you admitted to the hospital.

It may take between 1-4 hours after your surgery before we can send you home. You will not be allowed to go home without a responsible adult to drive or take you home. You will not be allowed to go home using any type of public transportation WITHOUT a responsible adult to accompany you.

The day after your surgery:

Follow all post-operative instructions given to you by your surgeon. Do not operate any heavy machinery or drive any vehicles at least 24 hours after your surgery. It takes at least one day for your body to eliminate the medications used for anesthesia. Surgery and anesthesia is stressful and it is expected that you will feel tired at least one day after surgery.

Feeling nauseated is expected and a sore throat after general anesthesia is common and may last three (3) to four (4) days.

You will receive a phone call from our nurse to check your recovery from surgery and anesthesia and ask you about our service.

If you have any questions regarding your anesthesia, please call the Anesthesia Department at 408.236.4466 and we will call you back as soon as possible.