



SUTTER HEALTH PALO ALTO MEDICAL FOUNDATION SURGERY CENTER INSTRUCTIONS

PREPARING FOR YOUR PROCEDURE



Pre-op Call

- Expect a phone call the week of your procedure with more detailed instructions, including your arrival time. You may also receive information on My Health Online.



Transportation

- Plan for a responsible adult over the age of 18 to accompany you home.
- A taxi, Lyft, or Uber is allowed ONLY if you have another responsible adult with you. If you are unable to arrange transportation home, your procedure may be postponed.
- The above may not apply for procedures without sedation.



Help at Home

- We strongly recommend you have a responsible adult with you for at least 24 hours after your procedure.
- If you have children, arrange for childcare.



Medications

- Talk to your doctor if you take blood thinners or medications for heart, diabetes, blood pressure, or breathing problems.
- Bring a list of your medications and supplements.
- Bring your emergency inhalers and/or migraine medication, if applicable.
- Fill your post-op prescriptions in advance.



Symptoms of Illness

- Contact your doctor right away if you develop a cold, flu, sore throat, fever, cough, rash, or open wound. We may need to postpone your procedure.



Pregnancy Concerns

- Tell your doctor before the procedure if there is any chance you are pregnant.
- Be ready to tell staff the date of your last menstrual period.



Food and Drink

- All patients:
 - Do not eat or drink after midnight.
 - You will be given more detailed instructions during your pre-op call from the surgery center staff.
- Infants only:
 - Do not eat after midnight.
 - Formula until 6 hours before scheduled procedure.
 - Breast milk until 4 hours before scheduled procedure.
- Other: _____



Procedure Checklist

- DO NOT wear lotions, creams, make up, nail polish, or scented products.
- DO NOT shave near the area of your procedure.
- DO NOT wear contact lenses. Instead, bring eyeglasses and case.
- DO NOT bring valuables. This includes wedding rings, wallet, credit cards, purse, etc. The Surgery Center is not responsible for lost valuables.
- DO shower or bathe the night before or the morning of the procedure.
- DO wear comfortable, loose fitting clothes that are easy to remove and put on.
- DO wear flat shoes.
- DO bring photo identification and insurance card.

Notes: _____

**RECORDING, LIVE STREAMING, OR PHOTOS ARE NOT ALLOWED
FOR THE PRIVACY OF OUR PATIENTS AND STAFF.**

DAY OF YOUR PROCEDURE

Admissions

- A nurse will guide you through the admission.
- Provide the name and phone number of the responsible adult taking you home.
- For patients under 18, a parent or guardian must remain in the lobby during the entire stay.
- Family and friends may wait in the waiting room. They may be allowed to come in once you have been admitted, time permitting.

Anesthesia

- Sedation or anesthesia will be discussed with you prior to your procedure.

Recovery

- Nursing staff will care for you in the recovery area until you meet criteria to go home.
- It is normal to go home feeling drowsy.
- Visitors may be limited, to provide confidentiality for you or other patients.

Discharge Instructions

- Detailed written instructions will be provided and discussed in recovery.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Possible Side Effects

- Most side effects are minor and decrease with time.
- You may experience dizziness and/or a sore throat.
- Temporary forgetfulness or memory loss is common due to the medication you received for the procedure.

Call Your Doctor if You Have

- **Uncontrolled Pain:** Severe pain that is unrelieved with medications. It is normal to have some discomfort after your procedure.
- Your doctor may recommend over the counter (OTC) and/or prescription medications.
- Follow your doctor's discharge instructions for other ways to relieve pain (For example: ice packs or elevation of surgical site).
- **Signs or Symptoms of Infection:** Fever (101 F or above), swelling, heat, drainage, or redness.
- **Heavy Bleeding:** Depending on your procedure, it may be normal to have small amounts of bleeding.
- **Ongoing Nausea or Vomiting:** Nausea and/or vomiting that lasts more than 24 hours. Small, light meals, taking medications with food, and staying hydrated may help.

At Home

- We strongly recommend you have a responsible adult with you at least 24 hours after your procedure.
- **DO NOT:** drive, operate machinery/tools, drink alcohol, use recreational drugs, or make important decisions for 24 hours.
- **DO:** follow all doctor's instructions.

Follow-Up Phone Call

- A nurse will call you the next business day to check on how you are doing. This is an opportunity to ask any questions.

Your Opinion Matters

- You may receive a survey regarding your experience at our surgery center. Please complete and return your survey. Your feedback will help us improve our services.

It is very dangerous to keep unused narcotics and other unwanted medications in your house. Please refer to www.med-project.org for locations to dispose of unused and expired medications.

NOTE: REFER TO SPECIFIC DISCHARGE INSTRUCTIONS GIVEN ON THE DAY OF YOUR PROCEDURE

PAMF Surgery Center Locations

<input type="checkbox"/> Surgery Center Fremont 3120 Kearney Street Fremont, CA 94538 Phone: 510-498-3600	<input type="checkbox"/> Surgery Center Palo Alto 795 El Camino Real, Level A Palo Alto, CA 94301 Phone: 650-324-1832	<input type="checkbox"/> Surgery Center San Jose 2581 Samaritan Drive, Suite 308 San Jose, CA 95124 Phone: 408-355-1700
<input type="checkbox"/> Surgery Center Mountain View 701 E. El Camino Real, Level 1 Mountain View, CA 94040 Phone: 650-404-8444	<input type="checkbox"/> Surgery Center San Carlos 301 Industrial Road San Carlos, CA 94070 Phone: 650-596-4200	<input type="checkbox"/> Surgery Center Los Altos 715 Altos Oaks Drive Los Altos, CA 94024 Phone: 650-934-7010