



Your surgery is scheduled

Date _____

Stockton Surgery Center

8011 Don Avenue
Stockton, CA 95209
209-955-3001

Monday–Friday, 6:30 a.m. to 5:00 p.m.

Our facility is accessible to patients with disabilities.

This is a non-emergency facility.



sutterhealth.org

Care provided by Gould Medical Group.



Preparing for Your Procedure or Surgery

Stockton Surgery Center



Welcome



We're delighted you've chosen our center and will do everything possible to ensure your comfort. Our goal is to provide you with the best experience possible. Our highly qualified team of medical professionals understands that caring for your health means taking the time to listen and do the little extras that help you relax. This brochure will help familiarize you with our center and answer your questions.

Preparing for your surgery

The following instructions cover information common to most procedures. Because no two patients or procedures are alike, be sure to talk with your doctor to learn about any special instructions. If there are any discrepancies between the directions your physician gives you and those in this brochure, follow your doctor's instructions.

A nurse will contact you before your procedure to review this information with you. Please feel free to ask questions then—or at any time.

Transportation

Make arrangements for a ride home following your procedure. You are not permitted to drive home after receiving anesthesia.

Food and Drink

Do not eat or drink anything 12 hours prior to your procedure unless otherwise instructed.

Alcohol

Do not consume any alcoholic beverages 24 hours prior to surgery.

Tobacco

Do not smoke or use tobacco products 12 hours before surgery.

Medications

Be sure to discuss your prescribed and over-the-counter medications with your doctor, especially if you are taking any diabetic, weight loss, or blood thinning medications. Some of these medications may need to be stopped before surgery. Avoid any over-the-counter medications including aspirin and ibuprofen during the week before surgery.

In the three days prior to surgery notify your surgeon if there is any change in your physical condition such as a cold, fever or flu symptoms. If you think you may be pregnant, notify your surgeon immediately.

The day of procedure

Try to get a good night's rest before your procedure. A well-rested, well-cared for body heals faster.

- Remove all makeup, shower and wash your hair before surgery. Don't shave, use perfume, moisturizers, deodorant or body lotions.
- If you brush your teeth after 11 p.m. the night before surgery, be careful not to swallow the water.
- Wear comfortable flat shoes and loose-fitting clothes that are easy to put on and remove.
- If you wear contact lenses or glasses, please bring a contacts case and solution or glasses case for safe keeping.
- You can bring your hearing aid, dentures, walker or crutches with you.
- Remove all jewelry, including all body piercings and metal hair clips, before arriving at the surgery center.
- Don't bring valuables with you, including laptops, cell phones or other expensive items.
- Bring your insurance card or information with you, in case we have any questions.
- Bring any paperwork, EKG, lab results, etc. that you may have been asked to bring with you.
- If you're the guardian or caregiver of a minor child or you have power of attorney for a patient, you must bring paperwork showing legal verification with you the day of the procedure.

When you arrive at the surgery center

Please check in at the front desk. Your paperwork will be reviewed and then you'll be escorted to the preop area where your medical history will be updated and necessary vital signs will be taken. You may be connected to an intravenous (IV) unit that provides your body with necessary fluids during surgery.

Your anesthesiologist will review your medical history and answer any questions. We make every effort to adhere to the surgery schedule and we appreciate your flexibility with any changes that might occur.

Payment

The surgery center will verify your insurance benefits and obtain any necessary authorizations prior to your procedure. We also encourage you to contact your insurance company to understand the coverage for your procedure. We'll let you know your financial responsibility prior to your scheduled surgery date. Payment is due on the day of surgery. If you anticipate difficulty with your bill, please let us know before your procedure so we can discuss financial assistance.

In the operating room

Depending on the type of procedure, you'll be given either local sedation or general anesthesia. Your nurses and anesthesiologist will talk with you before they begin administering any type of anesthesia or sedation.

Patient satisfaction

We're committed to providing our patients with quality service. If you have feedback about your experience, please call 209-524-1211 and ask for the Patient Representative.

Your doctor or nursing staff will discuss all pre- and postoperational instructions with you prior to your procedure. Since every case is different, be sure that you understand what you need to do to prepare for and recover from your procedure. If you have additional questions, you can call your doctor or our surgery center. We appreciate the trust you have placed in our staff. We will make every attempt to honor that trust by providing the highest quality medical care you expect and deserve.

After your procedure

Following your procedure, you'll rest in a recovery area until you are ready to go home. Recovery times vary depending on the type of procedure and the anesthetic you receive.

You'll receive specific instructions to take with you covering your postoperative care. Be sure you and your care provider understand the instructions before you go home.

You may feel some discomfort near the surgical incision. Contact your doctor if you experience severe or unusual complications following your procedure.



General guidelines to follow:

- A responsible adult must drive you home. We recommend someone stay with you for the first 24 hours.
- Rest and relax until your doctor says you can return to your normal routine.
- Don't drink alcohol or drive while taking pain medication or within 24 hours of receiving anesthesia.
- Follow your doctor's instructions regarding medication, dressings, rest and diet.
- Get as much rest as possible to allow your body time to heal. Taking good care of yourself in the first few days after surgery can speed your recovery and prevent complications.
- If you notice excessive bleeding or have any other reason to think you need urgent help, call 911 or go to the nearest emergency room.