

Welcome

Thank you for choosing to receive care at our facility. Our state-of-the-art, accredited center is designed to provide you with safe, high-quality healthcare in a comfortable, efficiently managed setting. Our team of medical professionals understands that caring for your health means taking the time to listen and doing the little extras that help you relax.

Please read the following information to help familiarize you with our center and provide answers to many of your questions.



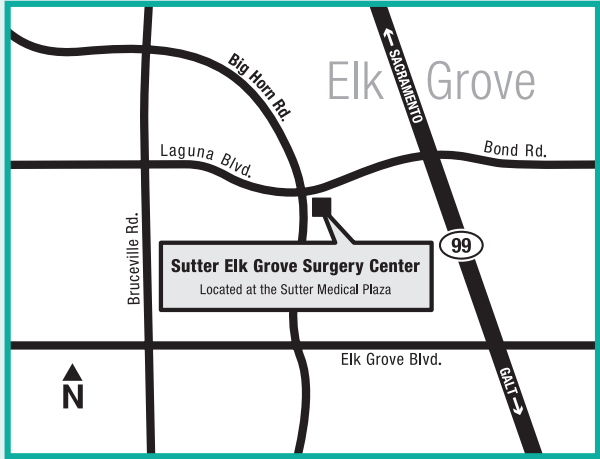
Procedure Schedule

Date and Time:

Our surgery center is accessible to patients with disabilities and without regard to race, color, national origin, age, disability or sex.

Patient Satisfaction

We appreciate the trust you've placed in us, and we're committed to providing you with quality service. If you have comments or concerns about the care you received at the surgery center, please call **916-544-5400** and ask for the administrator.



Surgery Center Map

8200 Laguna Blvd.
Elk Grove, CA 95758
916-544-5400
sutterhealth.org/facilities



What To Expect: Your Outpatient Procedure

Sutter Surgery Centers



General Patient Information

Prior Notifications

We'll give you the following verbal and written information before your procedure:

- Notice of Privacy
- Patient Rights and Responsibilities
- Physician Ownership Disclosure
- Policy on Advance Directives

A few days before your procedure, our staff will call you to evaluate your readiness and give instructions for your procedure.

Anesthesia

- Anesthesia is used to relieve pain and sensation during surgery. There are up to five types of anesthesia used in our various outpatient settings: general, regional, intravenous (IV) sedation, local sedation and topical sedation. Before the procedure, we'll give you an IV sedative or medication to relax and make you comfortable during the procedure. Your doctor or anesthesiologist will explain and determine the type of sedation or anesthesia best suited for you and your procedure.

1–2 Weeks Before Your Procedure

- You may be asked to stop blood thinning medications and nonsteroidal anti-inflammatory drugs (NSAIDS), such as Advil®. Check with your primary care or prescribing doctor about how long you should avoid these medications before your procedure. You may be advised to stop vitamins and herbal supplements as well. Please tell your doctor about any medications, vitamins and herbal supplements you're taking.
- Also tell your doctor about any changes in your physical condition, such as cold, fever or flu-like symptoms, any cuts, scrapes or rashes near the procedure site, or any kind of recent infection.

The Day Before Your Procedure

- Don't drink alcohol as this may affect your procedure.
- Ask a responsible adult friend or family member to drive you to and from the facility and stay with you after you return home. We don't allow patients to leave the facility unaccompanied and alone in a taxi or other ride-sharing vehicle. We will postpone your procedure if you don't have a responsible adult companion.
- If you're the guardian or caregiver of a minor child or you have a power of attorney for the patient, bring a copy of paperwork showing legal verification with you.
- Confirm date and arrival time for your procedure. A surgery center staff member will call you a few days before your procedure to inform you of the date, time of procedure and required arrival time to our center. The time of arrival is subject to change due to unforeseen circumstances.

The Night Before Your Procedure

- **Eating and drinking:** From midnight to the time of your procedure, don't eat or drink anything unless surgery center staff have instructed you otherwise. **Be sure to follow restrictions and special instructions given to you.**

The Morning of Your Procedure

- **Medications:** During your preoperative phone call, your nurse will tell you what blood pressure medication to take — or not take — the morning of your procedure. If you take insulin or oral diabetic medication, please follow your doctor's instructions.
- If you use inhalers, you may be instructed to bring them with you to the center.
- Remove all jewelry, body piercings and metal hairclips.

- **Personal belongings:** Don't bring valuables with you, including laptops or other expensive items.
- **Personal care for all procedures:** Remove all nail polish and makeup. Shower and wash your hair but do not shave the operative site or use perfumes, deodorant or lotions. Don't mark the procedural or nonoperative site in any way. Your surgeon will mark it if necessary.

Wear comfortable, loose-fitting clothing (elastic waistband and shirt with front opening). Bring a zippered or buttoned jacket or sweater with you if you like. Wear secure footwear, such as sneakers or rubber-soled flat shoes.
- Bring a list of all medications and supplements you're currently taking. Be sure to write the name, dose, how often you take the medication and your reason for taking it. Also, write down the name of the doctor if it's a prescribed medication.
- Bring your insurance card, photo identification and advance directive (if you have one) with you.
- Have the responsible adult companion drive you to the surgery center.
- If the patient is a child, the parent or legal guardian is required to stay at the center during the procedure and until the child is ready to be sent home.

After Your Procedure

- The center's post-anesthesia care unit (PACU) nurses will monitor and care for you immediately after your procedure. Recovery occurs in the PACU.
- Your recovery time will vary according to your procedure and type of anesthesia used. Once your doctor determines it's safe, you can leave the center and go home.

- You and your responsible adult companion or care provider will be given written home-care instructions and taught how to care for you and the area treated.
- Please follow the restrictions ordered by your doctor while you're recovering at home. Depending on your procedure, you may need to avoid strenuous physical activities, drinking alcoholic beverages, operating machinery, driving a car or making important decisions.
- One of our nurses will call you the day after your procedure to check on your progress.
- Contact your doctor if your pain is getting worse or you're experiencing side effects following your procedure.
- **If you think you need urgent help, call 911 or go to the nearest emergency room.**

Payment

The center will verify your benefits and obtain authorization and notify you of your financial responsibility for the facility fee prior to your scheduled procedure date. Please note that we no longer accept payments at this facility. You're responsible for knowing about your benefits, copays, deductibles and coinsurance. Please reach out to your insurance company for any questions regarding your health benefits coverage.

If you anticipate difficulty with your bill, please let us know before your procedure, so we can work together to establish a fair solution. You may also be billed for services, such as anesthesia, pathology, laboratory and surgeon fees as dictated by your procedure.