



What to Expect:

The staff of Pedes Orange County is pleased that you and your physician have selected our facility for your care. We consider you a valued guest and will do our best to make your stay with us as comfortable as possible.

We want all aspects of your procedure to be stress free and to go as smoothly as possible so we ask that you review this section of instructions that provide information about the day of your procedure.

Notify the Center & Your Surgeon If:

- You have an elevated temperature, cough, cold, vomiting or diarrhea between your last visit to the office and the day of your surgery.
- You suspect you may be pregnant.
- You are taking: diet pills, aspirin, ibuprofen, blood thinners or certain herbal medicines. You may be asked to stop taking these before your surgery.

Information to bring with you:

- Government issued I.D. (Driver's License)
- Insurance card(s)
- Medication List with name, dose and administration instructions

TO PREVENT DELAY OR CANCELLATION ON THE DAY OF YOUR PROCEDURE PLEASE ADHERE TO THE FOLLOWING GUIDELINES:

Food and Drink:

Please refrain from eating or drinking anything after midnight the night before your surgery.

Medications:

Please take all medications with a small sip of water as ordered by your physician. Do not take any blood thinners or diabetes medicine. Do not take Metformin the day of the procedure and 2 days after. Please bring all medications in their containers.

Alcohol:

Do not drink alcohol for at least 12 hours prior to your arrival time.

Smokers:

Please refrain from smoking after midnight the night before your surgery.

Makeup, Nail Polish, Jewelry (including body piercing jewelry):

Please remove all of these items prior to your arrival at the center. Please also refrain from wearing any perfume/cologne.

Clothing:

Wear loose, casual, comfortable clothing to fit over any surgical dressings.

Valuables:

We ask you to leave jewelry or other valuables at home on the day of your procedure except for your government issued I.D. and insurance card(s).

What you need the day of the procedure:

Driver: Please make arrangements in advance to have a responsible adult drive you home from the surgery center. You will receive anesthesia during your visit. **We cannot allow you to drive yourself home, take public transportation, or take a taxi.**

- **Escort:** Please plan to have a responsible adult stay with you at home after your surgery and throughout the night. This is a requirement of the facility and your surgery may be canceled if no arrangements for care have been made.
- **Legal Guardian:** A legal guardian must be in the center AT ALL TIMES for children under the age of 18 and dependent adults.
- **Care for Children:** If you are the patient and have young children at home please plan to have someone else care for them for at least the first 24 hours following your surgery or procedure.

What you need to know for the day of procedure:

Check-in: When you arrive at the Center we ask that you check-in at the registration desk. A member of our staff will verify your personal information and ask you to sign any forms required for surgery. The contact information for your escort will be needed at this time.

Following Admission: After checking in, you will be admitted to the pre-op area where a nurse will review your health history with you and prepare you for your surgery.

- An IV and labs may be drawn.
- You will remain in the pre-op area until it is time for you to go to the operating suite. At the appropriate time, you will be escorted to the operating room by your surgical nurse.
- During surgery, your escort may remain in the reception area.
- You will be closely monitored in our recovery area until you are in stable condition, then you will be discharged home. Most patients are discharged two to three after surgery; however, it is not unusual to experience sleepiness and dizziness for 12 to 24 hours after receiving anesthesia. When you are awake, you will be asked to drink liquids and begin sitting up. You will also be offered a light lunch.