

Conejo Surgical Center

BEFORE SURGERY

Please follow these guidelines the day before your surgery to ensure that your operation goes smoothly:

- Notify your surgeon as soon as possible if there is any change in your physical condition, such as cold or fever.
- You will receive a phone call from our Nursing Staff 1-3 days prior to surgery to review all instructions regarding your procedure. To protect your privacy, only a message to return our call will be left on your answering machine.
- If you wear contact lenses or glasses, bring a case for their safekeeping. We provide containers for removable dentures and bridgework.
- The night before your surgery, you may eat a light snack before midnight. Do not drink or eat anything after midnight – not even coffee or water. This will reduce the possibility of nausea and vomiting following anesthesia. You may brush your teeth, remembering not to swallow anything. Refrain from the use of mints, chewing gum or cigarettes. Failure to follow these instructions may result in cancellation of your surgery.
- Please do not take any medication after midnight unless instructed by your physician or our office. If you take medications on a daily basis for heart disease, blood pressure, seizure disorders, or asthma, you may continue taking them with a small sip of water. If you take aspirin, blood thinning medications or herbal supplements, please notify our surgeon and anesthesiologist. Failure to do so may result in cancellation of your surgery.

DAY OF SURGERY

- It is your responsibility to arrange in advance for a responsible adult (18 years of age or older) to drive you home and remain with you the first 24 hours after surgery. You cannot drive yourself or be left alone during this period. If you fail to arrange for a responsible adult to care for you, your surgery may be cancelled. Transportation by taxi or limousine is not acceptable.
- Please bathe or shower prior to your surgery. Remove all makeup. Do not use lotions, perfume or oils after bathing.
- Wear loose, comfortable clothing such as sweat suits and easy-to-button shirts or blouses that are big enough to accommodate a large bandage after surgery. Wear comfortable shoes; no high heels, please.
- Leave all valuables, including jewelry and cash, at home. We cannot be responsible for damaged or lost property.
- Bring a list of your medications with you on the day of surgery, both prescription and non-prescription.
- Be prepared to sign a form giving your consent for the operation. If the patient is under 18, a parent or legal guardian must accompany the patient and sign the consent form.
- Bring all insurance cards and your driver's license with you to the center. Please see section on insurance and billing.
- Please arrive one hour before your scheduled procedure.
- A nurse will provide you with a patient gown, slippers and a bag to store your clothing in once you are in the preoperative area. We will also check your temperature, blood pressure and pulse and ask you to empty your bladder before surgery. An intravenous line will be started to administer anesthesia and medications. An anesthesiologist will meet you before surgery to discuss your anesthesia and answer any questions you may have.
- Your family will be asked to wait in the front lobby. The surgeon will speak with your family immediately following surgery.

AFTER SURGERY

- Before you leave the center you will be given written instructions for your care at home.
- After you have returned home, be sure to follow your doctor's orders regarding diet, rest, medication or activity. Unless directed otherwise, you should start your diet with clear liquids. In four to six hours, you can begin to eat solid foods. By the next day, you should be back to your normal diet. It is not unusual to feel a little sleepy, lightheaded or dizzy, or to experience pain for several hours after your operation. Do not sign any important papers or make any significant decisions for at least 24 hours.
- If you have any questions or problems after surgery, please contact your doctor.
- A nurse from the center will phone you within a few days after your surgery to see how you are and answer any additional questions you might have.
- Do not drive a car, smoke, drink alcoholic beverages, operate machinery or cook for 24 hours after surgery.

INSURANCE AND BILLING

- Please remember to bring all insurance cards and other pertinent documents with you on the day of surgery so that we may process your insurance papers for you. Any amounts not covered by your insurance deductibles or co-insurance will be collected on the day of surgery. We accept American Express, Visa and MasterCard with credit card approval on the date of payment. The bill will not include the services of your surgeon or any lab or x-ray fees.
- It is your right as a patient to request information or have questions answered regarding fee or payment policies. If you have any questions or problems regarding your bill, please contact our business office. We will be happy to help you between the hours of 8:00 a.m. and 5:00 p.m. Monday through Friday.

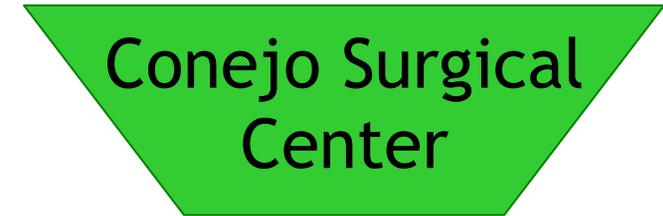
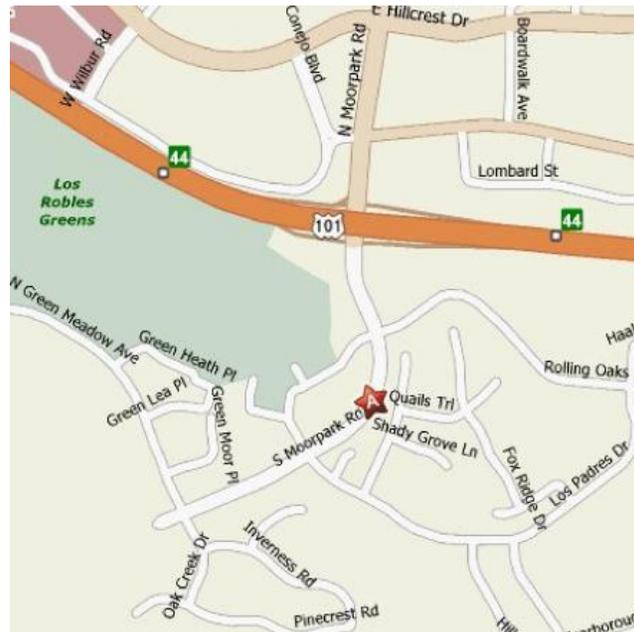
Surgery Information

Patient Name: _____

Surgery Date: _____

Arrival Time: _____

Surgery Time: _____



Conejo Surgical Center is affiliated with:



Experience Excellence.

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**PATIENT
INFORMATION**