

Walnut Creek Medical Center Out-Patient Procedures

Procedure: _____
Date: _____
Surgeon: _____

The time of your surgery is not yet determined. A staff member from the Admitting Department will call you the business day before your surgery, to notify you of the arrival time for your surgery and give you any additional preoperative instructions.

PREOPERATIVE INSTRUCTIONS

Pre-op appointment with Surgeon/POM

Location: _____ MD/PA/NP: _____ Date: _____ Time: _____

EKG

- An EKG is required within one year prior to surgery for patients age 50 and over.

Laboratory

- Please have your lab work completed at the laboratory prior to your surgery per your surgeon's orders
- A pregnancy test is required within 7 days of surgery for every female between the ages of 13-50 inclusive

Medications

- Please stop taking any non-steroidal anti-inflammatory or Aspirin products 7 days prior to your procedure. (If you have a coronary stent(s) or are taking aspirin for stroke prevention or poor circulation, notify your surgeon and do not stop taking your aspirin, plavix or Ticlid without discussing this with your cardiologist, neurologist or vascular surgeon.) This includes, but is not limited to, Advil, Aleve, Ibuprofen, Motrin, Naprosyn, Excedrin, etc. It is OK to continue taking Tylenol.
- If you are taking any blood thinning agents suchas, Warfarin or Coumadin, please contact the Coumadin Clinic and inform them of your impending surgery.

Eating and Drinking

- It is recommended that you do not drink any alcoholic beverage the week prior to surgery.
- After Midnight before surgery: no food, alcohol, or tobacco.
- The last three hours prior to arrival for surgery: nothing at all, (including gum and mints), except:
 - Medications with sips of water if ordered by your physician;
 - Brushing your teeth is OK, (don't swallow the water or toothpaste)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

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Day of Surgery Medications

- Anesthesia will review your medication history prior to the surgical date and will call if they have any questions or instructions. Otherwise Anesthesia will talk to you morning of surgery at bedside. Please make a list of **ALL** medications that you are currently taking to include, vitamins and supplements and over the counter medications and bring this with you on the day of surgery.
- You may be given additional medication by your physician to be taken before your surgery.

Clothing and Accessories

- Please wear casual clothing which is easy to remove and replace. Remove eye makeup, artificial eyelashes, contact lenses, all jewelry, hairpieces, hairpins and barrettes.
- Please remember to bring your Kaiser Health Plan card and registration fee with you on the day of surgery

POST-OPERATIVE INSTRUCTIONS

- After surgery, you will be discharged to go home when you are in a stable condition. You may still feel dizzy or nauseated. These are normal side effects and can last for 12-24 hours.
- You must have a responsible driver to provide transportation to and from the surgery center. This person must be present to sign the discharge instructions as you will be medicated and cannot sign for yourself. They should be able to help you for 8 hours after leaving the hospital.
- Your surgeon **will review specific home care instructions with you once your procedure is completed.**
- A prescription for post-operative pain medication will be sent to the pharmacy for you to pick up before you leave.
- Wait at least 24 hours after you are home to drink alcoholic beverages, make important decisions, sign important papers or operate a motor vehicle.
- You will be scheduled for a post-operative appointment 10-14 days after your surgery to make sure you are healing and to remove the sutures placed during the surgery.

Final Comments

- If you feel ill, have a fever, cough, symptoms of a cold or infection of the skin or teeth within 2 weeks of your surgery, please call 925-295-4130 to cancel and reschedule your surgery.
- Please take advantage of the convenient on-line tools and services at kp.org.

POST SURGERY APPOINTMENT

Location: _____ Dr./PA: _____ Date: _____ Time: _____

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