

Preparing for your outpatient surgery



The Saltzer Surgery Center staff is here to help you prepare for your surgical procedure. It is our goal to keep you comfortable, safe and provide you with a pleasant experience.

PRE-OPERATIVE INFORMATION

You will be contacted 3 days prior to your scheduled procedure by our pre-admission nursing team. The nurse will review the pre-admission information with you, including:

- A brief review of your medical history and any special instructions related to your procedure
- Information related to medications that you might take or need to avoid taking prior to the procedure
- Instructions on preparing for your surgery and answer any questions. Interpreters are available upon request.
- Arrival and procedure time will be verified the day before surgery.

If you have not been contacted the day prior to your surgery, please call us between 8:30 am and 4:30 pm at: 208.960.0860

FOR ALL OF OUR SURGICAL PATIENTS

Your surgery may be delayed or cancelled if these instructions are not followed.

- Do not eat or drink anything after the time you are given by our pre-admission nurses
- No alcohol or cigarettes 24 hours prior to surgery
- Follow your doctor's instructions about blood thinner or anti-inflammatories
- Notify your physician if you develop a cold, sore throat, or infection

If you have any questions or concerns prior to your surgery, please do not hesitate to contact our pre-admissions nurse at 208.960.0860.

If you have been instructed to have a physical exam before your surgery, it is important that the examination be performed by your referring physician or family physician no more than 30 days prior to your procedure. Your doctor's office can fax your exam results to us at 208.960.0875.

PLANNING FOR YOUR SURGERY

The effects of general anesthesia can take as long as 24 hours to subside. You must arrange to have a responsible adult stay with you for at least 24 hours after general anesthesia. Patients who receive a sedative with local anesthetic will be advised to have a responsible adult drive them home and stay with them for at least half a day following surgery.

BEFORE YOU ARRIVE

- Leave all valuables at home, including jewelry.
- You may shower the morning of surgery with antibacterial soap, but don't use any perfumes, colognes, or body lotions.
- Do not wear make-up.
- Do not wear nail polish on your operative extremity, if applicable.
- You may brush your teeth the morning of your surgery. If you have dentures you may wear them. Please bring a case for them to be stored during your procedure.
- Make sure to wear loose, comfortable clothing that you will be able to easily slip off and on as well as fit over any bandages you may receive.

DAY OF SURGERY

WHAT TO BRING/DO

- If you use an inhaler, please bring it with you.
- Wear your hearing aids and bring a case for them to be stored during your procedure.
- Contacts are not permitted. Make sure to wear your eyeglasses and bring a case for them to be stored during your procedure.
- Please bring all insurance cards and a photo ID with you.
- If your child is having surgery, please bring along an empty bottle or sippy cup. You should also bring along formula or milk for after surgery. Bring any comfort items for your child (blanket, pacifier, etc).
- Identification bracelets are given to all patients. Please keep these bracelets on while at the center.
- Confirm any allergies you have and any medicines you take.
- You are responsible for bringing agreed upon day-of-service payment.

You will meet and be evaluated by your nurse, physician, and anesthesiologist prior to having your surgery.

CHECK-IN & COMMUNICATION

Upon your arrival to our facility, please check-in at the front desk. Our staff will verify your name, date of birth, procedure and the site of your procedure to ensure that all information is correct. If you notice a discrepancy, please notify the staff.

We will collect any monies due.

After your check-in is complete, the surgery center staff will escort you to the pre-op area. Please know that they adjust which patient goes to pre-op according to procedure needs. If you are not called in the order of your arrival please do not be concerned. If you have been waiting longer than 15 minutes, please check with the front desk.

Caregivers & Family

Due to limited room space, one caregiver is welcome to be with you during your visit. However, this may be limited according to individual patient needs.

We offer a waiting area in the lobby that family members may use during your procedure. A digital board in the lobby will provide updates on each patient's status in the process.

For Children Having Surgery

Parents or guardians will be able to stay with their child until surgery. When your child is medically stable after surgery, staff will escort you to recovery to be with your child.

A nurse will accompany your child at all times; at no point will your child be left alone.

At least one responsible adult must remain in the building during the entire procedure/process in case the surgeon, nurse or anesthesiologist would need to contact you. When your child's surgery is complete, the surgeon will discuss the details of the procedure with you.

RECOVERY

After surgery you will be taken to the recovery area for observation. Your surgeon will speak to the appropriate family member regarding your procedure. Your surgeon may speak to you about your procedure, but due to the effects of some types of medication, you may not remember having the conversation.

When you are stable and ready for discharge, you will be transferred to the area where you will be reunited with your family. Home instructions will be given to you prior to discharge. The nurse will go over the instructions with you and your family and will provide a printed sheet with the instructions for review at home.

We go over information multiple times to make sure you are comfortable being discharged. Medications given during surgery frequently cause people to have unclear memories and we want you to be as informed as possible. It is also important to have a responsible adult available to hear the discharge instructions in order to clarify information at home as needed. You will receive a courtesy call from our team to see how you are recovering. If you have any needs or concerns, please contact your physician.

CALL 911 OR OTHER EMERGENCY SERVICES

If you have any of the following symptoms

- Signs of shock (confusion, loss of consciousness)
- Severe pain, sweating or pale skin
- Shortness of breath with a rapid heartbeat (these may be symptoms of a pulmonary embolism)
- An increase in leg swelling (this may be a sign of deep vein thrombosis, a condition that can be very serious if not treated)
- Moderate to severe difficulty breathing

CALL YOUR SURGEON

If you have any of the following symptoms

- Moderate to severe difficulty breathing
 - Nausea and vomiting (if you aren't able to keep fluids down, you may become dehydrated)
- Difficulty swallowing
- Pain that doesn't go away after you take your pain medicine as prescribed.
- A temperature higher than 101°F (38°C)
- A rash
- Difficulty urinating or having a bowel movement
- Loose stitches or an open surgical wound
- Pus draining from your wound or red streaks

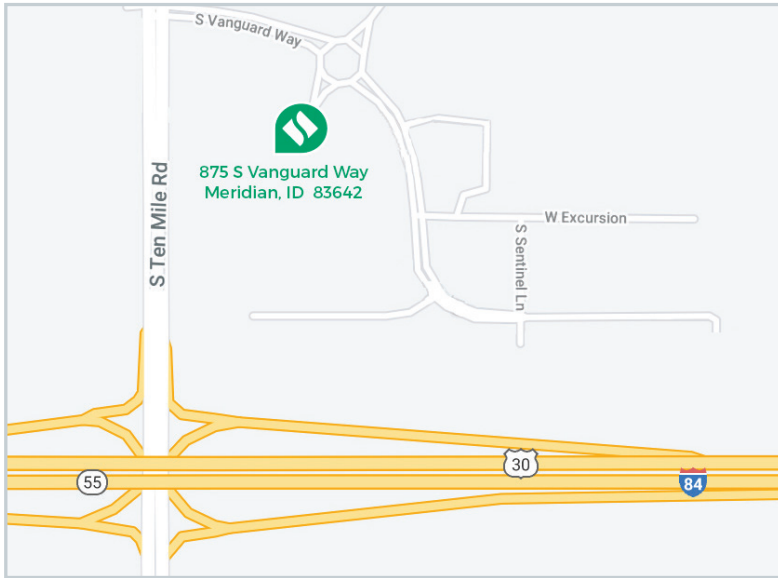
AFTER HOURS QUESTIONS

For after hours questions or concerns, you should call your physician's office or go to the nearest urgent care or emergency room. For any emergency, call 911.

QUALITY CARE IS OUR PRIORITY

We strive to ensure that all World Health Organization standards, including appropriate hand hygiene, correct patient and site standards are followed with each procedure. You will be asked many times to identify yourself and verify the correct spelling of your name, as well as your planned procedure. We verify this information frequently to assure that each patient has a safe, quality outcome.

LOCATED AT THE TEN MILE MEDICAL CAMPUS



CONTACT US:

208.960.0870

208.960.0875 FAX

Ten Mile Medical Campus

875 S Vanguard Way, Ste. 120
Meridian, ID 83642

saltzsurgeycenter.com

A patient drop off/pick up area is available at the main entrance to the 4-story building.

Surgery Date: _____

Physician: _____

Pre-operative Lab Appt. Date: _____ **Time:** _____