

What to Do Before Surgery at La Peer

BEFORE YOUR SURGERY

You and your surgeon will discuss your procedure(s) with you and schedule a time at La Peer Surgery Center. La Peer staff will call you 1 day before your procedure and guide you thru pre-operative instructions. (if for some reason you have not been contacted by La Peer staff by 5 pm the day before your surgery, please give us a call at 310-360-9119 x 4013. We will make every effort to contact you but it is important that you contact us if for some reason you missed our call or for other reasons.

Make sure you bring the following items to the surgery center on your day of the procedure.

1. Your ID or passport.
2. A list of all medications you are currently taking or have taken for the last 6 months.
3. Your health insurance information
4. Physicians/Doctors orders
5. Any prescriptions written by your regular physician.
6. Your lab results and medical records that your surgeon or physician has requested at La Peer (if applicable)
7. Please make arrangements with a family member or a friend to drive you home after your discharge from La Peer.
8. If you have any changes in your health prior to surgery such as chest pains, cold, flu, persistent cough or rash, please inform your surgeon as soon as possible.

THE NIGHT BEFORE YOUR SURGERY AT LA PEER

Do not eat or drink anything after 12 am the night before your surgery. This includes items like chewing gum, water, herbs and minerals unless these have been specifically requested by your surgeon. If you do not adhere to this guideline your procedure may be delayed or re-scheduled for another time.

We recommended that you take all your routine medications with small sips of water EXCEPT for:

- Aspirin or aspirin-like medications
- Diet Pills
- MAO Inhibitors
- All Herbal Medications (including herbs and minerals like St. John's Wort, Herbal Phen-Fen's, etc.)

- Check with your Physician and Anesthesiologist regarding the use of these /herbs, minerals, and medications. You may be instructed to discontinue their use 1 week to 10 days prior to your surgery at La Peer.

THE DAY OF YOUR SURGERY

- Do not eat or drink the morning of your surgery unless specific instructions have been provided by your surgeon.
- Wear comfortable clothes that you can easily change into and out of. Also wear clothes that will not bind to the site of where the surgical procedure will be taking place.
- Take a shower or bath at home. Do not apply lotions, creams, colognes or perfumes.
- Please remove jewelry and contact lenses prior to surgery.
- You may wear your dentures to La Peer Surgery Center, but it may be removed before going into the operating room and returned to you during your stay in the recovery room.
- Plan to be at La Peer surgery center at least 1 hour before your scheduled surgery time to sign your consent form and to complete any necessary paperwork. Patients under 18 years of age must be accompanied by a parent or a legal guardian to sign required consent forms.
- To provide you with the best care, the nursing staff at La Peer will ask you questions regarding your medical history and medications you are currently taking. We appreciate your understanding in this matter.
- Your anesthesiologist will consult with you to discuss your anesthesia, tell you exactly what will happen before, during and after your surgery, and answer any questions.

What to Do After Your Surgery at La Peer

AFTER SURGERY AT LA PEER

After your surgery, you will stay in the recovery room for at least an hour. Our anesthesiologist will monitor your condition after your procedure.

Our staff will answer any questions and guide you in your post operative instructions as ordered by your physicians. You will receive a copy of these instructions.

After your procedure you may feel sleepy or dizzy even after spending time in our recovery room. Do not attempt to drive yourself home or take a taxi. Please have a responsible adult; a family member or a friend, drive you home.

RETURNING HOME

- Even though you may feel fine after your procedure, please plan to have someone stay with you throughout the night. Do not make any important decisions, consume alcohol or take medications that are not prescribed by your surgeon for 24 hours after your surgery. Do not drive or operate machinery during the 24 hours after your procedure at La Peer.
- Please take into consideration that the recovery process continues as you return home. You may feel minor side effects like being drowsy, sore muscles, and a sore throat or the occasional headache. You may also experience nausea but vomiting is less common. You will likely begin to feel better each hour after your surgery, but it can take several days for all side effects to subside and go away completely.
- Please plan to take it easy the first few days after your surgery. This time will vary depending on the procedure being done and your surgeon will guide you in this recovery process. Most patients do not feel up to tackling their normal activities right away usually due to being tired or having discomfort from the surgery itself.
- Please make sure to call your surgeons office if you have any questions about what you can or cannot do when you return home or return to your normal day to day activities.

SPECIAL SUGGESTIONS FOR CHILDREN

Special Suggestions for Children at La Peer Surgery Center

BEFORE SURGERY

- If your child is having surgery, the staff at La Peer will discuss the special meal instructions with you before your child's procedure.
- Please bring an extra set of clothes and/or a diaper bag with essentials for changing your child if needed. It is also nice to bring your child's favorite toy, blanket or bottle to make them feel more at home and comfortable.

AFTER SURGERY

- Please be prepared to stay with your small child at La Peer until your child is discharged from the recovery room. When the surgery or procedure is completed you will be allowed to accompany your child in the recovery room.
- Please make arrangements for another adult other than yourself to drive your child home, this way you can focus your attention on your child on the way home and give them any special attention they might need.

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La Peer Surgery Center

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