

Methodist Ambulatory Surgery Center - Medical Center

4411 Medical Drive, #200

San Antonio, TX 78229

Telephone: 210-575-4584

PREPARING FOR YOUR SURGERY

The staff of the Methodist Ambulatory Surgical Services welcomes you! We're pleased you and your surgeon have chosen our center.

How Can I Prepare for My Surgery?

Careful attention to the following instructions will help ensure your comfort and reduce the possibility of complications. Failure to comply may cause your surgery to be postponed or canceled.

Preoperative Appointments and Nursing Contact

Prior to surgery, you may require laboratory tests and x-rays. Your surgeon will provide you with the information regarding when and where the tests will be done. A nurse from our center will contact you the day before your procedure to get a brief medical history, review instructions and confirm your arrival time. Please remember to bring your insurance information, Medicare card if applicable and a valid identification.

Eating, Drinking and Smoking

Eat a light dinner the evening before your surgery. Do not drink alcoholic beverages. Do not eat or drink anything including water, chewing gum and mints after midnight the night before your surgery unless you receive different instructions from your physician.

Medications

On the day of surgery please bring a complete list of all medications you are taking. Take your daily medications as advised by your physician. *If you are diabetic or take medications for your heart, make sure your physician is informed and take your medication the day of your procedure according to your physician's instructions.*

Personal Hygiene

You may bathe or shower and brush your teeth before coming to the center. Try not to swallow any water when brushing your teeth.

Personal Care Items

Do not wear makeup, perfumes, nail polish, false nails, creams or lotions on the day of surgery. We recommend that you wear your hair loosely. Avoid using clips, pins and bands that bind hair. Do not use hair spray. All wigs and hairpieces should be removed before surgery. Head coverings are provided.

Clothing

Please wear clothing that is comfortable and easy to remove. If you are having surgery above the waist, do not wear pullover tops. Wear shoes with low heels.

Valuables

Please leave **all** valuables at home.

Dentures, Hearing Aids, Contact Lenses and Glasses

These items cannot be worn during your procedure. If you use any of these items, please bring their cases with you for proper storage.

Health Changes

If you develop a cold, persistent cough, sore throat, fever or any other illness within two days of surgery, please notify your physician. If you experience any other health changes between your most recent visit to your surgeon and the day of surgery, notify your physician. If you suspect you are pregnant, please notify your physician. Anesthesia and medications may be harmful to the developing fetus.

Arrival at the Center

Patients are admitted based on scheduled surgical time, not arrival time. You will be asked to sign a "Consent for Surgery" form, which acknowledges your permission for the physician and the facility to care for you. If the patient is a minor, a parent or legal guardian must sign the consent.

Anesthesia Services

We offer a complete range of anesthesia services provided by board-certified physicians. You will have an opportunity to meet your anesthesiologist prior to surgery to have all of your questions answered and to participate in developing your care plan.

Visitors

A visitor may stay with you before and after surgery. Please limit your visitors to one person. Visitors will be able to stay in our waiting area. We do welcome and encourage both parents of the pediatric patient to remain at the center throughout surgery. Small children should be left at home. Your physician will inform visitors of your condition once the procedure is completed.

After Your Surgery

Recovery time is highly individualized. Following your surgery, you will spend an appropriate amount of time in the recovery area based on the type of procedure performed and your response to any type of anesthetic that was administered. Your nurse will let you know when you are medically ready to leave the center.

Going Home

Please make arrangements to have a responsible adult drive you home. We will give you a copy of postoperative instructions from your surgeon regarding diet, medications and activities. Someone should stay with you for at least 24 hours following surgery.

For the next 24 to 48 hours you should **not**:

- **Drive or operate equipment**
- **Sign important papers**
- **Make significant decisions**
- **Drink alcoholic beverages or take any drugs without your physician's knowledge.**

IF YOU HAVE ANY UNEXPECTED PROBLEMS, PLEASE NOTIFY YOUR PHYSICIAN IMMEDIATELY!