

Preparing for Surgery

Please follow these steps carefully prior to your surgery to help ensure your procedure goes as smoothly as possible.

Contact your surgeon or physician prior to your surgery date if

- You are not sure what time to arrive at the center on the day of your procedure.
- You experience any changes in your health between your most recent visit to your physician and the day of your procedure, even minor ones like a temperature, cough or a cold.
- You suspect that you are pregnant. Anesthesia and medication may be harmful to the developing fetus.
- You have a latex allergy, diabetes, heart conditions, kidney or liver failure.
- You take medications on a regular basis. Your physician/surgeon may have guidance about which medications you should or should not take on the day of your procedure.

Note: Do not take any medications containing aspirin, vitamin E, non-steroidal anti-inflammatory drugs, herbs, or weight loss products for at least seven (7) days prior to the procedure and the day following your procedure. If you have taken any of these, please inform your physician/surgeon as soon as possible.

After Midnight the day of your surgery

- Do not smoke after midnight the day of your surgery.
- Do not eat or drink anything (including water, gum, mints, hard candy) after midnight the day of surgery, unless you are directed otherwise by your surgeon. Undigested food in the stomach can cause complications and your surgery is likely to be postponed if you forget to follow these instructions.

Note: Children under two years old may have up to 8 oz. of clear liquids (water, sprite, 7UP, apple juice) up to four hours before their scheduled surgery time.

Morning of Surgery

- Take a bath or shower and brush your teeth (taking care not to swallow any water) the morning of surgery because this will minimize the chance of infection.
- Remove all makeup, nail polish, jewelry, and contacts. If you must wear contacts, please bring your storage case for use during surgery.
- Wear loose, comfortable clothing that can accommodate a bandage, cast, or other type of dressing where the procedure is being performed. Keep in mind that our center is always kept at a cooler temperature. During surgery, you will wear a patient gown provided by the center.

What to bring with you on the day of your surgery

- Bring all insurance cards. It is important for us to have all the current and correct information.
- Bring a government issued photo ID such as a driver's license. Minors do not need ID but the primary insured party does need theirs.
- Bring your form of payment, if required.
- Bring a copy of your consent forms and an Advanced Directive if you have one. Your signature will be required in accordance with your particular procedure.
- If you have asthma or emphysema, bring inhalers with you.
- If you take insulin, bring the bottle of insulin and syringes with you.
- If you are having knee, ankle or foot surgery, you may require crutches. Plaza Day Surgery does not provide them so please coordinate this purchase with your surgeon.
- Arrange for a responsible adult to accompany you to the center, receive discharge instructions, drive you home and stay with you for the first night following surgery.
- Limit the number of people who accompany you to the center. We suggest that adult patients be accompanied by only one person.
- We do welcome both parents of pediatric patients. Parents of children absolutely cannot leave while their child (minor) is at the facility; they must remain in the waiting area. It would be better if siblings did not visit due to lack of entertainment at the center. If your child does not drink from a cup, please bring a bottle or sippy cup. It is fine for your child to have something to drink after the procedure.

What not to bring to the surgery center

- Leave all jewelry, wigs, cash and valuables at home. We cannot be responsible for their safety.

Please call us

If we have not reached you two days prior to surgery to review your medical history, pre-operative instructions, and financial arrangements, please call us at (817) 336-6060 and ask to speak to the pre-op nurse. If you have any other questions about getting ready for your procedure, please feel free to call us.

Day of Surgery

On the day of surgery you should arrive at your scheduled appointment time. You will be admitted to the center and we will begin preparing you for your procedure.

You will be asked to sign a consent form for your procedure, which acknowledges your permission for the physician and facility to care for you. If the patient is a minor, this form must be signed by a parent or legal guardian.

Pediatric Patients

Both parents may stay with their child in the pre-operative area before surgery and in step-down recovery following surgery. Feel free to bring a favorite stuffed animal or blanket. A parent or legal guardian must remain in the facility while their child is under our care. Please bring a bottle or sippy cup if your child does not drink from a cup. It is fine for your child to have something to drink after the procedure.

After Surgery

After your procedure, you will be moved to our fully-equipped recovery room where the anesthesiologist and our recovery room nurses will observe you closely until you are ready to go home. Your doctor will want to talk with a family member/friend after your surgery so it is important for this person to remain in the building.

The time a patient stays in the recovery room will vary depending on the procedure performed and the physician's instructions, but typically most patients are discharged within one to two hours after their procedure.

Your surgeon will provide post-operative instructions about diet, rest, exercise, and medications. The center will provide you with a written summary of these instructions before you are discharged. We suggest that you pamper yourself for the first 24 hours following your procedure.

If you had anesthesia and/or pain medications, arrange for an adult to remain with you at home for at least 24 hours. Since it is normal to feel drowsy after receiving an anesthetic, we also recommend that you postpone these activities for 24 hours after discharge:

- Driving and operating equipment
- Signing important papers
- Making significant decisions
- Drinking alcoholic beverages

If you have any unexpected problems, please call your doctor. A nurse from the Center will attempt to call you the next day to check your progress and discuss any questions you may have.