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## SURGERY GUIDANCE SHEET

Thank you for scheduling your service with Santa Fe Surgery Center. We are honored to serve you. To help you prepare for your appointment, we offer the following guidance and instructions:

### Before your appointment you will receive the following:

#### **INSURANCE AND BILLING**

A courtesy call from one of our staff members detailing any fees that will need to be collected when you arrive for your service.

#### **INSTRUCTIONS, ARRIVAL TIMES & DEPARTURE INFORMATION**

A call from one of our nurses the day before your surgery to provide specific pre-op instructions and answers any questions you may have.

### The day before/of your procedure:

- Unless notified with other instructions, stop eating and drinking at midnight the night before your procedure.
- You may brush your teeth, but be careful not to swallow any water.
- Take only necessary medications (such as heart or blood pressure meds) with a tiny sip of water as instructed by your doctor or anesthesiologist.
- Wear loose, comfortable clothing and low-heeled shoes.
- Remove any make-up, skin lotion, nail polish, jewelry, watches, etc. and contact lenses if you wear them.

### Please bring the following with you when you arrive for your procedure:

#### **SURGICAL DAY CHECKLIST**

- Your picture ID and insurance card, plus any payment due on the day of surgery.
- A list of prescription and OTC medications, herbs, vitamins and/or supplements you are taking. We offer a helpful list you can print and fill out on our website.
- Any instructions given to you by your surgeon.
- The name and phone number of the person driving you to and from your appointment. Most procedures take about 2-3 hours, though your time may vary. You will be given an approximate time the day before your procedure. You must have a designated friend or family member drive you to and from your appointment. For your safety, taxis, buses and rideshare services do not qualify.

### When to Notify Us:

Please contact us immediately if you develop an elevated temperature, cough, cold, vomiting or diarrhea at any time between your last visit with your surgeon and the day of your surgery. Please notify us before your appointment if you suspect that you may be pregnant, or if you took blood thinners or blood thinning medicines or supplements, including aspirin, ibuprofen and fish oil, or heart-rate-elevating medications like diet pills, 1-2 weeks prior to surgery. If necessary, we will be happy to reschedule your appointment.