

Dear Patients, Family Members and Friends,

Welcome to the Ambulatory Surgery Center (ASC) at Stanford.

The Staff of the Ambulatory Surgery Center would like to ensure your experience in the ASC will be a positive one. We hope this information sheet will help explain the surgical preparation and recovery process. Please feel free to contact any staff member with any questions you might have.

PREOPERATIVE PREPARATION FOR SURGERY

A staff member will call you the day before to confirm your surgery time and go over important pre-operative preparations for surgery:

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT UNLESS DIRECTED OTHERWISE**
 - **REMOVE ALL JEWELRY/BODY PIERCING HARDWARE**
 - **LEAVE ALL VALUABLES AT HOME**
 - **ARRANGE FOR RIDE HOME WITH FAMILY MEMBER OR A FRIEND**
 - **ARRIVE AT ASC TWO (2) HOURS BEFORE SCHEDULED SURGERY TIME**
 - **BRING A LIST OF ALL MEDICATIONS YOU ARE TAKING TO INCLUDE:
NAME OF DRUG, DOSE, FREQUENCY AND LAST TIME TAKEN**
- | | | | |
|--------------|------|---------|------------------------------|
| For example: | Name | - Zocor | Frequency - 1 tab once daily |
| | Dose | - 20 mg | Last taken - 10-20-05 |
- **WEAR LOOSE AND COMFORTABLE CLOTHING**
 - **PATIENTS, FAMILY AND VISITORS SHOULD NOT WEAR FRAGRANCES OR PERFUME**

DAY OF SURGERY

You will need to register with Admitting on the second floor upon your arrival, after which you will be asked to bring your registration papers to the ASC front desk. A member of the Pre-Op Area will call you and initiate an interview to complete paperwork needed for the surgery including your medical information, LIST of your medications, surgical consent and get you ready for surgery. You will be asked to change into the hospital gown and wait on a gurney where you will meet the anesthesiologist. A family member or friend may stay with you until you go to the operating room.

POST-OPERATIVE CARE OF THE PATIENT - PACU(Post-Anesthesia Care Unit)

PHASE I: This area is where the patient is taken immediately after the surgery is completed. Length of stay in this area is approximately 60-90 minutes. Patients stay in Phase I until they are awake, their vital signs are stable, they have satisfactory pain management and they are beginning to drink fluids.

Patients scheduled to stay in the hospital remain in Phase I until they are transferred to a room in a nursing unit.

Visitors are **NOT** allowed in Phase I except for pediatric or special needs patients.

PHASE II: This is the area where patients are taken after changing back to their clothes. One family member or friend is brought back to be with the patient while a nurse will provide verbal and written discharge instructions. We welcome and encourage your questions before discharge. Length of stay in this area is approximately 15-30 minutes.

PHYSIATRY/PAIN CLINIC PATIENTS

Physiatry/Pain Clinic patients generally spend 20-30 minutes in PACU. Visitors are not brought to see patients prior to discharge due to short recovery time. Visitors are asked to remain in the ASC waiting room until told to retrieve car while the patient prepares to go home.

Thank you for letting us care for you,
The Staff of the Ambulatory Surgery Center