



Dear Patient,

Our goal is to assist you in preparation for your upcoming surgery. We hope the enclosed information provides what you need to feel fully prepared; if you think that we have missed something, please assist us to improve by providing feedback to the Surgery Scheduling Department or your Surgeon. We welcome any feedback that will improve the care we provide.

MAIN OPERATING ROOM

PRE-OPERATIVE INSTRUCTIONS FROM THE HOSPITAL STAFF

BEFORE SURGERY:

- **DAY BEFORE SURGERY** from 10:00am – 2:00pm (FRIDAY if MONDAY surgery) you **MUST** call the Surgery Scheduling Department at 818-719-3100 to find out when you need to report to the ADMITTING department of the hospital. Remember to call Friday for Monday surgery; if there is a holiday before your surgery, call the preceding business day.
- **INFORMATION about your CO-PAY**
 - You may call Membership Services at 800-464-4000 (for English) or 800-788-0616 (for Spanish). They are available 7 days a week from 7:00am to 7:00pm.
- **TO CANCEL SURGERY**
 - If necessary, as a courtesy to your Surgeon and other patients, please do so as far in advance as possible, ideally not less than 2 weeks prior to surgery.
- **IN ADVANCE:** call Surgery Scheduling at 818-719-4838 (Yulma) or 818-719-3100 between 9:00am – 4:30pm.
- **DAY BEFORE SURGERY AFTER 5:00pm:** call 818-719-3110; if no answer, call the operator at 818-719-2000 and ask to notify the Nursing Supervisor.
- **DAY OF SURGERY:** call 818-719-3140 (generally opens at 5:30am).



PREPARE MEDICATION LIST:

- Prepare an up-to-date list of all prescription and non-prescription medications you are taking and be sure to bring this list with you to the hospital on the day of surgery.
- **DO NOT EAT ANYTHING AFTER MIDNIGHT** before surgery
- Including gum, mints or candies. You may brush your teeth. Your surgery may be CANCELLED or DELAYED if you do not follow these instructions.

DAY OF SURGERY:

- **DO NOT SMOKE, EAT, OR DRINK- EXCEPT for the following liquids:**
- **You may drink SIPS of WATER** with needed medications (usually includes medications for high blood pressure except "water" pills, heart disease, lung disease, seizures, Parkinson's disease, eye drops and inhalers [bring your inhaler with you]).
- **2 HOURS BEFORE** your surgery check-in, we recommend that you DRINK 12 OUNCES of water, clear apple juice, or a gatorade -type beverage (No RED), unless you have had diabetes since childhood, (also known as Type I diabetes or juvenile diabetes.)
- -Please do not drink anything else after this time.
- -Type I diabetic patients should be seen pre-operatively by the anesthesia department.
- **DO NOT TAKE your DIABETES MEDICATIONS** unless specifically told to do so.
- **REMEMBER TO BRING** your complete list of medications, Kaiser Card, Picture Identification Card, and co-payment for surgery and post-op prescriptions.
- **REPORT TO ADMITTING DEPARTMENT** for the proper forms to be processed on the day of surgery. It is located at Entrance H on the first floor (Room 106).
- After completing Admissions, you will be directed to the Pre-Operative Check-in Area on the second floor.



- **One visitor is allowed with you in the Pre-Operative Check-in Area while being prepared for surgery.** A member of the Anesthesia team will meet with you after you arrive. Your surgeon or representative will see you in the Pre-Operative Check-in Area and place an ink marking, if applicable, at the site of surgery.
- **DO NOT WEAR** any make up (including eye mascara), jewelry (including wedding rings) or body piercings (including ear, navel, etc). If you do not take them off at home, the operating room staff will have to do so.
- **DO NOT USE** perfumes, lotions, deodorants, powders or any hair products which may increase the risk of a fire in the Operating Room.
- **DO NOT WEAR** contact lenses. You may bring a pair of eyeglasses and case.
- **CLOTHING** should be loose, comfortable, and easy to get on and off.
- **DO NOT BRING** valuables such as extra cash, credit cards, or jewelry to the hospital. We cannot assure responsibility for the loss of personal property. If you bring valuables with you by accident, your family or friend may keep them for you. If you absolutely need your valuables, you may deposit valuables in the hospital safe at your risk during your stay. Please tell your nurse if you need this service as soon as you arrive at the Pre-Operative Check-in Area.

IF STAYING IN THE HOSPITAL (i.e. admitted to the hospital):

- **BRING any assist devices (i.e. crutches, orthopedic shoes, walker) you routinely use.** If you do not need these device(s) to enter the hospital, you may leave them in the car and have someone get them for you after surgery. If no one is available, bring them with you into the hospital.
- **BRING a small overnight bag with toiletries.** Again, you may keep your bag in your car and have a family member or friend bring it to your room after surgery. If no family/friend is available, bring the overnight bag with you to the Pre-Operative Check-in Area.



AFTER SURGERY:

- **VISITORS may stay in the waiting area while you are in surgery.** After surgery, you will be in the “recovery room,” known as the PACU (Post Anesthesia Care Unit), for at least 1 hour. The Surgeon will usually speak to any waiting visitors and family members. Visitors will not be allowed in the recovery room with rare exception, namely small children.

OUT-PATIENT (AMBULATORY) SURGERY

- After the PACU, you will be transferred back to the Pre-Operative Check-in Area until ready for discharge.
- Rarely after surgery, your Surgeon may determine that it is medically necessary for you to be admitted to the hospital; if so, your Surgeon will arrange this.
- **You will NOT be permitted to drive yourself home.** If you take a taxi home, you must be accompanied by another adult.
- A responsible person should stay with you at home for the first 24 hours after surgery.

IN-PATIENT SURGERY (ADMISSION TO THE HOSPITAL)

- You will be taken from the PACU to your hospital bed when it is safe to do so. When you are being transferred, a nurse will come out to the waiting area and inform your visitors. If visitors are not present, they can call the hospital operator from any hospital phone (dial 0) or outside phone (dial 818-719-2000) and ask to be transferred to your hospital room or nursing station.

CONTACTS:

- **Surgery Scheduling for additional questions:** 818-719-4838 (Yulma) or 818-719-3100
- **Surgeon's office for medically related questions:** 818-719-4298 or email through kp.org
- **Department of Orthopedic Surgery, Woodland Hills Kaiser**

HAVE A SPEEDY RECOVERY!