

PREPARING FOR SURGERY AT PRESIDIO SURGERY CENTER

A California Pacific Medical Center Affiliate

1635 Divisadero Street # 200

San Francisco, CA 94115

Phone: 415-346-1218

Fax: 415-346-2930

www.presidiosurgery.com

Patient: _____

Surgery Date: _____

Time to arrive at Surgery Center: There are frequent schedule changes. You will receive a call the night before surgery confirming your arrival time.

WELCOME!

Your surgeon has scheduled your surgery at Presidio Surgery Center. We are pleased that you have placed your trust in us. We want to provide an atmosphere of safety, compassion and understanding with minimal stress to you.

Our ambulatory surgery center has been in operation since 1989, affiliated with California Pacific Medical Center since 2006, and accredited by the Joint Commission. We are very proud of our reputation in the community.

Our highly trained staff has prepared this information to inform you about your scheduled surgery, answer frequently asked questions, and to help you think about optimal safety; while getting yourself, your support system and your home for ready for surgery.

This packet is in response to many commonly asked questions. You may be familiar with many of the following guidelines. Please review it for your safety.

This packet is not intended as a substitute for medical advice from your physician. Any questions regarding treatment, risks or benefits of treatment should be directed toward your doctor.

A pre-op nurse will call you before your surgery. It is necessary for him / her to speak with you.

- If you have not been reached, please call the Pre Op Nurse extension at: 415 -659-3176 between 9:30 AM -5:00 PM, Monday -Friday.
 - If your surgery is on a Monday or Tuesday, please call by the previous Thursday.
 - During this call, the nurse will go over your health history and explain important steps you must take in order not to be cancelled.
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BEFORE YOUR SURGERY: IMPORTANT PRE-OP INFORMATION

- Do not eat or drink anything after midnight if you will be having any anesthesia or sedation including coffee, tea, water, chewing gum, mints or Lifesavers® unless otherwise instructed. Drink plenty of fluids up until midnight to make sure you are well hydrated. Some surgeries may drink clear liquids until 6 hours before surgery. You will be informed if this applies to you.
- A responsible adult (over age 18) **MUST** accompany you home and should be available to help you for the first 24 hours after your surgery. We cannot allow you to go home alone in a taxi or on public transportation, as you will have received medication at the surgery center. The person taking you home must be immediately available to the Surgery Center via phone, in the lobby or in close proximity to the Surgery Center (within 30 minutes of the center) throughout your surgery.
- Medications: Our pre op nurse will go over your list to clarify what you should and should not take. You will be asked to fill out a Medication Form on the day of surgery. Bring a list of all of your medications (prescription, over the counter, vitamins, herbal preparation, etc.) including what the medication is for and the last time you took it.
- Cancellations: If you feel sick, or need to cancel your surgery, call your surgeon immediately. On the day of surgery or if you cannot reach your surgeon, please call the Presidio Surgery Center 415-346-1218 as soon as possible.

ON THE DAY OF YOUR SURGERY

- Shower:
 - Please shower the night before and the day of surgery with an antibacterial soap.
 - Remove all makeup and leave at least one nail free from polish as we will monitor your oxygen levels through a finger sensor.
 - Do not use lotions, oils, perfume or hair spray after bathing.
 - Please do not shave the area near your operative site, if needed, it will be done at the surgery center
- Wear:
 - Clothing: wear loose, comfortable clothing such as a sweat suit or clothing big enough to accommodate a large dressing after surgery. Wear comfortable shoes; no high heels please
 - Shoulder surgery patients: you may have an immobilizer that makes it difficult to put your arm through a sleeve. Bring a large button down collar shirt or jacket. Women can wear halter or tube tops with a big shirt that you can drape over your dressing and immobilizer.
- Parking is available on the street, and in our (Sutter Street entrance) garage. Payment at the garage is cash, VISA or MC only. We will stamp your card for a one hour drop off or pick up.
- Bring – dos and don'ts

DO BRING:

- Contact lenses / glasses with case for safekeeping.
- removable teeth, bridgework
- A form of payment if you have any co-insurance required on the day of surgery. Be sure you have cash, check or credit card (VISA, MC, AM EX, Discover).
- Insurance card/s
- Photo ID: Driver's License or a government issued ID
- Medication List: include over the counter medications, vitamins and herbal preparations.

DO NOT BRING:

- Valuables: including jewelry and extra cash should be left at home. We cannot be responsible for damaged or lost property.
- Remove any body piercings: Body piercing can interfere in the surgery process.
- Insulin, inhalers,: If you routinely use them, please bring them with you
- Visitors / Family: Once you go into the operating room your family/visitors will be asked to leave the pre-op area. There are coffee shops nearby and a list is available in the waiting room. Your escort home must remain within close proximity (30 minutes) to the Center throughout the surgery, and be available when you are ready for

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discharge. During covid, family will leave you at our door, and one person may come in for a few minutes after surgery to get post op instructions.

- Stress Reduction: Please let us know if there is anything we can do to lessen any anxiety you may have.
- Preparation for Discharge: Please be sure to read the “What to expect Following Surgery” for instructions on preparing for when you go home. Once you go home it is often too late to make preparations

ANESTHESIA CARE

- ACAMG (Anesthesia Care Associates Medical Group) are our anesthesia providers. This is a medical corporation which provides anesthesia services at the Center. These anesthesiologists are not employees of the Center or your surgeon.

Anesthesia Billing Questions: If you have any questions about your anesthesia bill, financial obligations, or an estimated quote on your anesthesia charges please call the ACAMG billing office at 415-440-2972

IMPORTANT / GOVERNMENT REQUIRED INFORMATION NEEDED BEFORE YOUR SURGERY

1. ADVANCED DIRECTIVES

- You have the right to make choices regarding life-sustaining treatment (including resuscitative measures). This is most often done by executing an Advance Directive Living Will or HealthCare Proxy. If you have such directives you are welcome to bring them to the Center with you. Presidio Surgery Center is not an acute care hospital, and in the unlikely event that a situation arose where your advance directives would be called into use, we would not interpret your advance directives here but would instead transfer you to an acute care hospital with your advance directives. If you would like to discuss this further, please feel free to call the center and speak with the administrator (direct line 415-659-3141)
- If you are interested in further information on Advance Directives, Presidio Surgery Center can provide information to you. You may also access the following organizations for more information:
 - <http://www.caringinfo.org/stateaddownload>
 - <http://www.noah-health.org/en/rights/endoflife/adforms.html>
 - California Medical Association: [http:// www.cmanet.org](http://www.cmanet.org)
 - California Coalition for Compassionate Care: <http://www.fmchoices.calhealth.org>. This website has free, downloadable forms in English, Spanish and Chinese.
 - National Hospice and Palliative Care Organization [http:// www.nhpoc.org](http://www.nhpoc.org) (1-800-658-8898)
 - Institute for Healthcare Advancement: [http:// www.ih4health.org](http://www.ih4health.org) (800-434-4633) Forms for English, Spanish, Chinese and Vietnamese.

2. PHYSICIAN OWNERSHIP

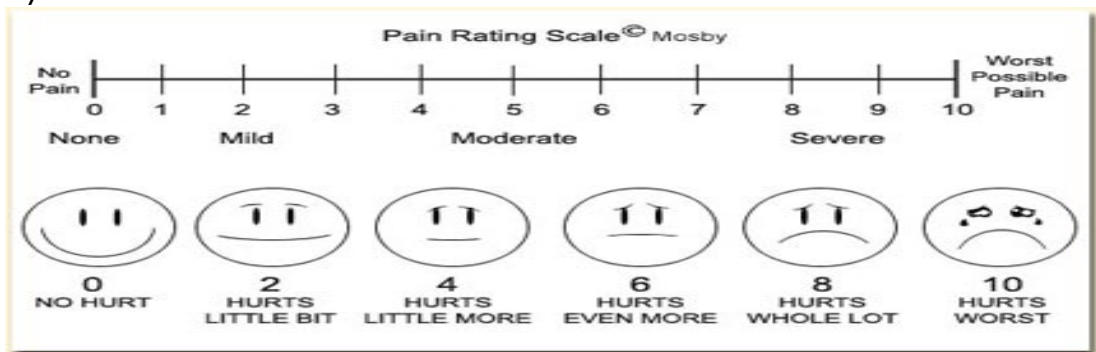
- Your surgeon has chosen to perform your surgery at Presidio Surgery Center because of the enhanced quality and cost savings for you. Our website contains a list of physician ownership

3. YOUR RIGHTS AND RESPONSIBILITIES

- Detailed lists and descriptions are included at the end of this document
- Contact numbers are included, should you have any questions or concerns

PEDIATRIC PATIENTS

- Our pediatric patient (ages 18 months and up) are very special to us. We have separate pre-op and post-op areas for them equipped with some child sized furniture, coloring books, a DVD player and DVDs. We encourage you to bring a favorite toy, blanket, DVD, etc. for them to have during their stay. They may take a toy or blanket into the operating room with them.
- Follow your doctor's orders about not giving your child anything to eat or drink before surgery. We realize this is very difficult with small children, but it is essential in order to give them anesthesia and perform the scheduled procedure safely.
- One parent (guardian) may accompany the child to the operating room, at the discretion of the anesthesiologist. If you are pregnant, you will not be permitted to escort the child into the OR. When it is time you will be asked to put on an OR cover up, "bunny suit", over your street clothes, and a hat to cover your head. Once your child is asleep you will be escorted out of the OR and asked to wait in the lobby. One parent (guardian) must remain in the facility at all times. You will be allowed to come into the post-op area as soon as possible after surgery to be with your child.
- We will not discharge any minor to anyone other than a parent or legal guardian for the child's safety. Legal guardians must bring appropriate proof of guardianship. If you are escorting a child and driving, it is advised that you have a second adult present that is free to give the help and attention that is needed to bring a child home after surgery.
- We welcome any questions or concerns to reduce anxiety. Feel free to request a tour of the facility prior to surgery if you think it can be helpful for your child.
- Pediatric Pain Scale. Pain is subjective and difficult to evaluate. We use a universal pain scale with faces to ask your child about any discomfort.



WHAT TO EXPECT FOLLOWING YOUR SURGERY (ADULTS & MINORS)

- You will be taken to the PACU (Post Anesthesia Care Unit) you will spend 30 to 60 + minutes recovering from anesthesia. When your anesthesiologist deems you sufficiently recovered from anesthesia, you will be discharged home to recover from your surgery.

MINIMIZING POST OPERATIVE INFECTIONS: What you can do...

Our center takes pride in protecting you from infection. Our policies and procedures are supported by national standards and regulations. Some recommendations include:

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- Preoperative antiseptic showering. Everyone has bacteria that live on the skin. Taking a shower the night before and the morning of surgery will decrease the microbial colony count. You probably have antibacterial soap in your home. Read the packaging of your bar soap (ex: Dial, Lever 2000) or bottle (ex. Phisoderm, Hibiclens). Antibacterial soap can be purchased over the counter at any drug store.
- Do not shave or use depilatory agents on or near your operative site. Preoperative shaving has been attributed to microscopic cuts in the skin that can promote bacterial multiplication. If any hair removal is necessary, let us do it at the center.
- Wash your hands frequently. Make hand washing a habit – just as automatic as looking both ways when you cross the street or fastening your seat belt when you get in your car. Germs are often transmitted by hand contact. Expect your healthcare workers to do the same. Don't hesitate to speak up if they don't. Frequent hand washing post operatively is also important after you get home.
- Eat and Drink Well. Malnutrition and dehydration can contribute to impaired wound healing.
- For Diabetics: optimize blood glucose levels. Maintaining a normal blood glucose level is of utmost importance during the surgery and during the post-operative period. Elevated levels of blood sugar are linked to a higher risk of post-surgical infections.
- Stop smoking cigarettes. Ideally cigarette smokers should stop smoking 30 days prior to surgery and until your wound is healed, as smoking can decrease your peripheral circulation, and affect wound healing.
- Inform your surgeon if you are taking Steroid Medications. Steroids affect your inflammatory response and wound healing. They should be taken only as directed by your treating physician and / or surgeon.
- Follow your Discharge Instructions for your Wound / Care. Your doctor will give you detailed written instructions on how to care for your dressing post-operatively. Specifically, when you should remove the bandage and when you can get the incision wet. If you have problems with your bandage, call your doctor's number on the discharge instructions for advice.
- Signs of an infection include fever, chills, and sweats. Also look for redness around the incision. It is normal to have a small amount of drainage from the incision in the first day or two following surgery. But if this persists, or if you see pus draining from the wound, contact your doctor immediately. Infections are best treated when caught early, so let your doctor know of any problems that may be signs of an infection.

QUESTIONS - TO ASK YOUR DOCTOR / YOURSELF

Sample questions have been included for your convenience. We encourage you to think about your individual needs and add to the lists below.

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- If I am having knee, foot or ankle surgery will I be able to walk following surgery? If not, for how long?
- Will I be using crutches? If so, for how long?
- If I am having shoulder, elbow or hand surgery will I be able to use my affected arm? If not, for how long?
- When can I remove the dressing?
- When can I bathe?
- When can I drive?
- When can I return to work?
- When can I travel?
- When do I return to see the surgeon?
- Will I need physical therapy? If so when do I start?
- Other questions?

...AND A FEW MORE QUESTIONS TO ASK YOURSELF

- Do I have a responsible adult available to help me the first 24 hours after surgery
- How will I get my meals?
- Is my bathroom / bedroom easily accessible or do I need to make other arrangements?
- Is a telephone nearby with emergency contact numbers?
- How will I manage bathing? I cannot get the dressing wet. How will I keep it dry?
- Do I have all the equipment / dressings needed to care for my wound at home?
- Will I be able to care for myself following surgery or do I need assistance?
- Will I need ice and, if so, do I have it? Where will I get it?
- If I will be using crutches are there throw rugs that need to be moved before I get home so I am safe?
- Do I know how to use crutches?
- If my surgeon writes a prescription, at what pharmacy will I pick it up?

POST OPERATIVE PAIN MANAGEMENT

Pain Scale

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- Prescription Pain Medications. You may have been given a prescription to manage your pain when you get home. Take it as directed on the bottle. It is not beneficial to take away all pain. Pain serves an important purpose, it reminds you not to overdo it, to take it easy and allow your body to heal. Post operative discomfort is to be expected. The medication should make your situation tolerable. You will be asked to report your pain while in the Surgery Center and to "rate" it on a scale of 0 to 10. Please familiarize yourself with the Pain Scale table to the right. You will be asked to rate your pain in the PACU and also on your follow up post op phone call.
- Gastrointestinal system (GI) side effects. Be aware that pain medications can cause upset stomach and constipation so it is wise to think about your diet during this time. Drink plenty of water, fruit juices; eat lots of fruits, vegetables, whole grain cereals and breads. We advise you to start eating gradually following your surgery. Let your stomach be your guide but begin slowly with liquids; stay away from spicy, greasy foods. Remember, it will be important to have a little something in your stomach before taking any pain medication due to the fact that it may upset your stomach if you do not.
- Prescriptions: We are not allowed, by law, to give you medicines to take home. We cannot fill your prescription. If your surgeon has prescribed your post op medications pre operatively, be sure you pick them up before your surgery. Many times your surgeon will write prescriptions on the day of surgery. If so, we can call them into the pharmacy of your choice or you can hand carry them in yourself. Some types of medication orders cannot be phoned or faxed – they must be hand carried into the pharmacy.

0	No Pain
1-2	Mild Pain
3-6	Moderate Pain
7-9	Severe Pain
10	Worst Pain

WE WANT YOUR FEEDBACK – YOUR EVALUATION IS IMPORTANT TO US

- Patient Survey: You will be receiving a survey following surgery. Your feedback is invaluable to us. We do read every survey and consider every comment. Please take a moment to fill it out.
- Please report any concerns you have about your care and/or safety to our Administrator. You may request a meeting in person at the time or call later at 415-659-3141.
- Need further help? If you find your questions or concerns about safety or quality of care have not been adequately addressed, please feel free to contact our accrediting agency, The Joint Commission, at 800-994-6610.
- We encourage you and your family to be actively involved in your care. Speak Up! Ask questions! Get answers!
- Our goal is to make your surgical experience at Presidio as safe and as pleasant as possible. We hope you will recommend our Center to your friends and family.
- We will be happy to answer any questions we can during our pre-operative phone call. If you would like to come for a tour, please call and make an appointment. You may also visit our website at www.PresidioSurgery.com

DIRECTIONS TO PRESIDIO SURGERY CENTER

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1635 Divisadero Street, Suite 200 (between Post and Sutter Streets, we occupy the whole 2nd floor of the building)
San Francisco, CA 94115
Phone: (415) 346-1218

From the Bay Bridge

- Cross the Bay Bridge and take exit 1B to merge onto US-101 North
- EXIT on 434 B toward Fell / Octavia Blvd.
- MERGE onto Octavia
- LEFT turn at Fell
- RIGHT turn at Divisadero
- LEFT turn immediately into the parking garage which is located midway up Sutter Street

From the Golden Gate Bridge

- Cross the GGB bridge
- EXIT on Lombard Street cutoff, which will be on your right. FOLLOW Lombard ~ 3 blocks
- RIGHT turn at Divisadero Follow Divisadero over the steep hills, 15 blocks up and then down to Sutter
- RIGHT turn at Sutter
- LEFT turn immediately into the parking garage which is located midway up Sutter Street

From The South

- I01N toward San Francisco (stay in the left lane)
- EXIT at Octavia
- LEFT turn at Fell
- RIGHT turn at Divisadero
- LEFT turn at Sutter
- LEFT turn immediately into the parking garage which is located midway up Sutter Street

Parking /Drop off /Pick up

- **Parking:** Street metered parking and other parking garages may be available. Our garage is located off of Sutter Street, described above. We offer one hour parking validation.
- **Patient Drop Off:** You can enter the building from the 1st floor street entrances or from the 2nd floor garage entry.
- **Patient Pick up Area:** When the patient is ready for discharge you will be asked to bring your car to the loading spot in our building's garage, entered from the Sutter Street entrance, 2nd floor, directly in front of the PURPLE elevators.

Online Pre-Surgical History Instructions

Welcome to Presidio Surgery Center. We're very pleased that you and your physician have chosen us to care for you. To start the pre-surgical assessment process, Presidio Surgery Center requests that you fill out your medical history online with *One Medical Passport*.

We recommend that you enter your medical history online as soon as your surgery has been scheduled. Once you do this, our pre-surgical assessment nurse will be able to access the information you entered online. This information will assist the nurse in organizing and documenting your complete medical history to prepare for your surgery.

To begin your online Pre-Surgical Assessment,

- 1) Go to our website: www.presidiosurgery.com
- 2) Select **Pre-Registration** on the home page
- 3) Click "**One Medical Passport**"
- 4) Check the box to accept the Terms of Use and click "**Register**"
- 5) Complete the registration and medical history screens, click Finish to submit your Medical Passport to the medical facility

Be sure to have the following information available before starting your *Medical Passport*:

- Your health insurance information.
- The names, addresses and phone numbers of your physicians.
- A list of all medications you are taking, their dosage and frequency.
- A list of surgical procedures you have ever had and their approximate dates.

Note: If you are not able to complete your history online, please call our Preop nurse at 415-346-1218 as soon as possible to complete your health history. You will still need to have the above information available when you call. Please allow 20-30 minutes for this call.

About [One Medical Passport](#)

Completing a *One Medical Passport* medical history online is easy. For most patients, filling out the entire questionnaire takes less than 30 minutes. Please fill out the questionnaire accurately, and be assured that all of your information is kept confidential and will be thoroughly reviewed by your medical team. At any time, you can quit filling out the questionnaire and come back and complete the unfinished portion at a more convenient time.

One Medical Passport is a website that allows you to enter your information at any time from anywhere. You can also print out a copy of your medical history after you create it online and keep it with you or with your other health care documents, as well as have access to it online anytime you need it or want to update it