

La Jolla Women's Surgery Center

PREPARING FOR SURGERY

Your procedure will take place at La Jolla Women's Surgery Center located in the Scripps/Ximed Building in Suite 880. A member of La Jolla Women's Surgery Center's nursing and/or anesthesia staff will personally call you one to two days prior to your procedure date to prepare you for your surgery. The following checklist will help you to be prepared for your procedure.

- ❑ **DO NOT EAT OR DRINK** after midnight prior to your procedure, unless instructed by your physician. Failure to follow these instructions may result in cancellation of your procedure.
- ❑ Please call your physician if you become ill during the 3 days prior to your scheduled procedure.
- ❑ Bathe/shower the morning of procedure. You should brush your teeth, remembering not to swallow anything.
- ❑ Do not wear perfume or cologne.
- ❑ Please wear comfortable clothing and bring a warm pair of socks.
- ❑ If you wear contacts, please plan to remove them and wear glasses or bring the proper supplies to remove your contacts prior to the procedure.
- ❑ Please bring your photo ID to your procedure, but leave all other valuables at home or with your responsible companion.
- ❑ Please do not take any medications after midnight unless instructed by your physician. Contact him/her directly for medication instructions.
- ❑ The average length of stay from your arrival until you are ready to leave is 2 to 4 hours. You may feel dizzy and sleepy after your procedure. You cannot drive yourself home or be left alone. You **MUST** have a responsible adult to drive you home after your procedure and stay with you overnight due to the anesthesia medications.
- ❑ After you have returned home, be sure to follow your doctor's orders regarding diet, rest, medication and activity. Unless directed otherwise, you should start with a light diet. It is best to avoid spicy, greasy, fried foods and milk for the first 24 hours.