Ambulatory Surgery

A Guide for Our Patients

Advances in medicine have made it possible to have certain operations without staying overnight in the hospital. This ambulatory surgery is performed in a well equipped and professionally staffed facility and allows you to recover in the comfort of your own home.

This booklet will help you prepare for ambulatory surgery at a Kaiser Permanente Medical Center. Understanding the care you will receive before and after your operation will make your surgical experience and recovery period as smooth as possible. You may find it helpful to have a family member or friend read this booklet with you.
Sacramento Medical Center
2025 Morse Avenue, Sacramento

Take Hwy 80 to Watt Ave.
Follow Watt Ave. to Alta Arden Expressway.
Park in the patient parking lot.

Hospital Ambulatory Surgery
Go to the Admitting Department to register for surgery. Admitting department is off the lobby on the first floor of the main hospital building. (916) 973-7673

Ambulatory Surgery Center
Go to the Ambulatory Surgery Center to register for surgery. It is the small pink building near the southwest corner of the medical office building. (916) 973-7675

Roseville Hospital
1600 Eureka Road, Roseville
(916) 784-5445

Take Hwy 80 to Douglas Blvd.
Follow Douglas Blvd. to Rocky Ridge Dr.
Park in the parking structure.
Go to the Admitting Department to register for surgery.
\section*{Anesthesia}

\section*{Eating and Drinking Instructions}

Regardless of the type of anesthetic required for your operation, it is necessary to follow these instructions precisely. These instructions are for your safety and will help prevent the possibility of food entering the lungs.

\textbf{Clear Liquids}

Do not drink for 4 hours prior to arrival, except a small amount of water with medications.

- Clear liquids are broth, jello without fruit, carbonated beverages, clear tea, black coffee and water.

\textbf{Solid Food}

Do not eat solid food after midnight the night before your surgery.

\begin{center}
\textbf{Folsom Ambulatory Surgery}
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285 Palladio Parkway, Folsom
(916) 986-4178

Take Hwy 50 to E. Bidwell
Follow E. Bidwell to Iron Point
Follow Iron Point a short distance to Palladio Parkway
Turn right – Folsom Ambulatory Surgery will be on left.

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Before Your Operation

Pre-Operative Preparation
Your surgeon will schedule your operation. Before your surgery you will be given an appointment for
a physical exam and any other additional tests/appointments your surgeon may order.

Illness, Fever or “Cold-like” Symptoms:
If you feel ill, have a fever, cough or “cold-like” symptoms before the day of the surgery, please call
your surgeon’s office.

Medications:
Ask your surgeon if you should stop taking your regular medication before your operation.
Please bring along a list of medications you are currently taking.

Day Before Surgery
By the day before your surgery you will be told either by your surgeon or by a nurse from our
operating room the time you need to report for your operation. This time will be earlier than your
scheduled surgery to allow time for your admission and preparation.

Scheduled surgery times may change due to unforeseen events or emergencies. We will make
every effort to keep your scheduled time and keep you informed.

If you have not been told what time to come for your operation by 4:30 p.m. the afternoon before
surgery, please call the Pre-Op Nurse.

☐ Sacramento Hospital Ambulatory Surgery, 973-6183
☐ Sacramento Ambulatory Surgery Center, 973-7667
☐ Roseville Hospital Ambulatory Surgery Center, 784-5477
☐ Folsom Ambulatory Surgery, 986-4178
Day of Your Operation

Day of Surgery
You will need your Kaiser Health Plan card, photo identification, and completed forms and just enough money for the Outpatient Surgery Co-Payment. Kaiser Permanente accepts checks, cash, credit cards, and money orders.

Bath/Shower/Clothing:
You should bathe or shower the morning of your Surgery. Remove all make-up, wear clean, casual clothing that is loose fitting and comfortable. In the pre-operative area, you will be given a hospital gown to wear and your clothing will be stored until you are ready to go home.

Valuables and Jewelry:
Leave your valuables at home. Do not wear jewelry including rings, wedding bands, any body piercings and watches.

Glasses and Contacts:
Wear your eyeglasses and bring the case. We recommend you do not wear contact lenses. If you must wear your contact lenses, please bring your contact lens container and solutions.

Hearing Aid:
Wear your hearing aid and bring the case.
Your Operation

You will be escorted from the admitting area to the pre-operative room. Your nurse will provide special clothing to change into and assist you if needed. You will be assisted onto a gurney and any pre-operative preparation ordered by your surgeon will be done.

A member of the Anesthesia Department will discuss your anesthesia with you and answer any questions you may have. He/she will ask you questions about your medical history. You may be asked the same questions by several people. This ensures that everyone has the correct information important for your care.

You will receive fluids as well as most anesthetic agents and medications you might need through an intravenous line.

After Your Operation

When your operation is finished you will be brought to the Post Anesthesia Care Unit. This is your recovery room. You may wake up with an oxygen mask on your face. A nurse will be near you at all times. Your blood pressure and other vital signs will be checked. You will be encouraged to begin sitting up and drinking fluids to evaluate your readiness to go home. If you have post-operative pain, you will be given medication. You will change back into your own clothes. A physician will evaluate your readiness for discharge and your nurse will arrange for your driver to meet you.
Driving Home
For your safety and comfort, a responsible adult must take you home after your operation. Medications may cause drowsiness and your operation may make driving uncomfortable. Your driver is welcome to stay in the family waiting area; otherwise we will call him/her at the phone number provided on your patient authorization sheet and give instructions when and where to pick you up after surgery. If you must take a taxi cab home, you will need a responsible person other than the cab driver to accompany you.

Your surgery must be cancelled if you do not have someone to drive you home.

Home Care Instructions and Prescriptions
A nurse will review your instructions for home care with you and ask you to sign them. You will be given copies of your follow-up doctor’s appointment, home care instructions and any prescriptions or other materials you will need.

• Your final recovery will take place at your home where you will need rest. Do not make plans for that evening except to relax and get a good night’s sleep.
• Eat lightly until your normal appetite returns. Follow the after-anesthesia diet instructions.
• Do not take any medications unless prescribed by your doctors. Do not drink alcoholic beverages for 24 hours.
• Arrange for someone to stay with you for a while once you get home. It is normal to feel drowsy and weak for up to 24 hours after your operation.
• Follow your doctor’s instructions on diet, medications, bathing and activity. Call your doctor’s office immediately if you have any problems or questions.
**Day After Surgery**

With your permission, a nurse from the Post Anesthesia Care Unit may call you the next day to see how you are doing. If you have any questions or concerns before this time, follow your home care instructions and contact your surgeon’s office. For urgent concerns after hours, contact the hospital Advice Call Center.