

Surgical Information

Santa Clara Medical Center

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Patient Name

Please report to our **Hospital Building**,
700 Lawrence Expressway, Santa Clara CA 95051

Surgery Date

1st Floor, Ambulatory Surgery Unit, # 114

Surgeon

2nd Floor, Surgery Dept. #200

Preparing you for your surgery

This surgical information will help you to prepare better for surgery. Our center is equipped and professionally staffed to provide the highest quality of care. You may find it helpful to have a friend/family member read this with you. We expect to make your surgical experience and recovery period to be as smooth as possible.

1. Cancellations & Rescheduling

Please make every effort to honor your appointments and surgery date. If you need to reschedule or cancel your surgery please notify the Surgery Scheduling office at as soon as possible. Office hours are 8:30am to 5:00pm. If you become ill after 5pm on the evening before your surgery or on the weekend before a Monday surgery, please call 408-851-6230.

2. Cost Share

Your surgery may require a co-payment. Co-payments may be paid by Cash, Check, Visa, MasterCard or American Express. For non-deductible plans, please call 1-800-498-2748. For Deductible plans, call 1-800-390-3507 to find out your cost share.

3. Disability

To apply for disability please follow these steps:

1. Submit your initial claim for disability on or after the start date of your claim online at www.edd.ca.gov/disability.
2. Once your claim has been submitted online, please provide our **Release of Medical Information Office** Department 160 with the following: **a)** your name and medical number **b)** your patient receipt number provided online by the California Employment Development Dept. EDD **c)** Your treating physician's name **d)** Work Activity Status Letter (form from your physician to be off of work)
3. This information may be provided via any of the methods below:
Email: Santa.Clara.Roi.Dept@kp.org
Fax: 1-877-627-8407
In person: Release of Medical Information Department 160
710 Lawrence Expressway (Located on the 1st floor of our Medical Office Building)
Santa Clara, CA 95051
Monday-Friday between the hours of 8:30 AM – 5:00 PM

4. Medical Advice before Surgery

If you develop a fever, cough, cold, infections of teeth or skin, cuts, pimples or abrasions over the surgical site before surgery, please call our Preoperative RN Educators at (408) 851-2297 Monday through Friday 8:00 a.m. to 4:30 p.m.

5. Anesthesia Appointment

You will get a call from the Department of Anesthesia/Preoperative Medicine (POM) clinic before surgery. This is decided by your surgeon and the POM provider – you may even be scheduled for an appointment to meet with a provider to make sure you are as healthy as possible before surgery. They will discuss your health history and all medications, vitamins and herbal supplements you take. The eating and drinking instructions for the night before and the morning of surgery (included below) will also be covered.

6. 10 Days before Your Surgery

- Do not shave or wax on or around the surgical area 10 days prior to surgery.
- Medications
 - Stop taking all vitamins and herbal supplements 10 days before your surgery. If you take a daily Aspirin, please check with your surgeon or POM provider before discontinuing it.
 - It is very important to inform your surgeon and the POM clinic of the medication(s) you take, as well as the medications you may be allergic to.

7. The Day before Your Surgery – Fasting Instructions

We need all patients to fast for a certain period of time before coming in for surgery.

Adults & Adolescents

- Don't eat solid food for 8 hours before you arrive for surgery. This includes orange juice, gum, mints, or candy.
- Drink only clear liquids such as water, pulp-free fruit juice, or black coffee (no milk or cream) up until 2 hours before you arrive for your surgery. Do not drink anything after that.
- Brush your teeth and rinse with mouthwash.

Children age 12 and under

- Do not eat solid food for 8 hours before you arrive for surgery. This includes orange juice, gum, mints, or candy.
- Drink only clear liquids such as water, or pulp-free fruit juice up until 2 hours before you arrive for surgery. Do not drink anything after that.
- May have formula up until 6 hours before you arrive for surgery.
- May have breast milk up until 4 hours before you arrive for surgery.

8. Advance Directive/ Life care planning

If you have an Advance Directive, bring a copy of it on the day of your surgery if it has not been scanned into your Kaiser Permanente medical record. For more information regarding Advance Directives, please visit kp.org/lifecareplan.

9. Arrival Time for Surgery

It is important that you devote the whole day to your surgery as arrival times are subject to change. Your arrival time will be provided by a phone call from a nurse the business day prior to surgery.

10. The Day of Your Surgery

- **Drugs & Supplements:**
 - On the morning of surgery, take only the medications instructed by the physician/preoperative medicine provider with a small sip of water.
- **Personal Items:**
 - Leave all valuables at home, including: purses, wallets and electronic devices.
 - Please bring only a photo ID, Kaiser Permanente ID card, and your co-payment (if applicable).
 - Remove all jewelry, including: wedding ring, all piercings, watches, necklaces etc.
 - Bring a case for glasses or contact lenses (if applicable).
- **Hygiene:**
 - Shower the night before or the morning of surgery. If given a special soap, please follow the instructions provided by your surgeon/preoperative medicine provider.
 - If provided with cleansing wipes from our Preoperative clinic, please **DO NOT** shower the day of the surgery and follow the instructions on wipes packing.
 - Wear loose comfortable clothes and comfortable walking shoes.
 - Do not wear makeup, lotion, powder, cologne or perfume.
 - Remove nail polish on at least one finger on your non-operative side.
 - Brush your teeth and rinse with mouthwash.
- **Visitors:**
 - No food is allowed in the waiting room
 - No children under the age of 14 are allowed in the surgery waiting room.
 - No minor children other than the patient may go into the Pre or Post-operative area.
 - One adult person may go with an adult patient before surgery.
 - Two parents may go with a child (age 16 and under) before the surgery, and at least one parent must remain in the facility the entire time the minor patient is here.
 - After surgery both parents may come into the recovery area.

11. Post-operative appointment(s)

Date: Time: Location: Orthopedics Dept. 148

Date: Time: Location: Orthopedics Dept. 148

Outpatients:

- Postoperative instructions will be given before discharge.
- **A responsible adult must be with you at the time of discharge.**
- Please bring the cell phone number of the person who will be picking you up. This person must be able to answer their phone when contacted.
- **You may not drive yourself home after your surgery.**
- Taxi or Outreach is allowed, but you must have a responsible adult with you.
- We ask that a responsible adult stay with you in your home for at least 24 hours after you return home from surgery.

Inpatients:

If your surgery requires hospitalization, here are a few things for you to be aware of:

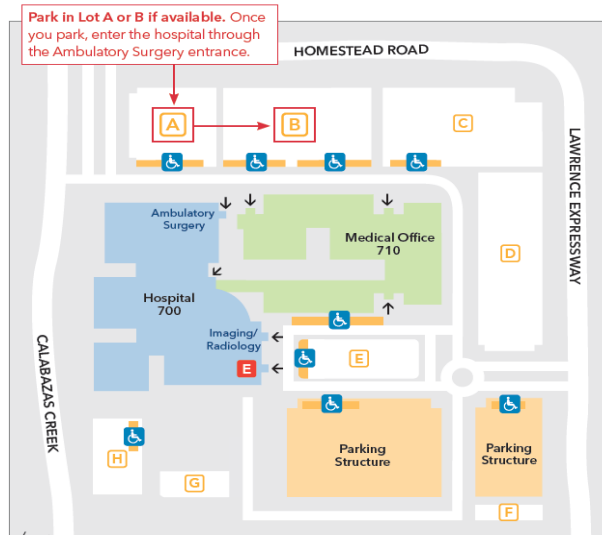
We will supply you with basic hygienic essentials (toothbrush, mouthwash, socks, unscented lotion and gown). It's very important to not bring any valuables (watches, jewelry, purses, wallets etc.). Most of our rooms are private, however, we have some semi-private rooms. In private rooms, a companion may stay with you overnight, but they must be 18 yrs. or older. Please only bring the minimum items you will need.

- No pets are allowed.
- **You may not drive yourself home after being discharged.**
- Bring glasses, dentures and hearing aids if applicable.
- Bring comfortable clothes and shoes to wear home.

12. Hospital Map and Parking locations

700 Lawrence Expressway
Santa Clara, CA 95051

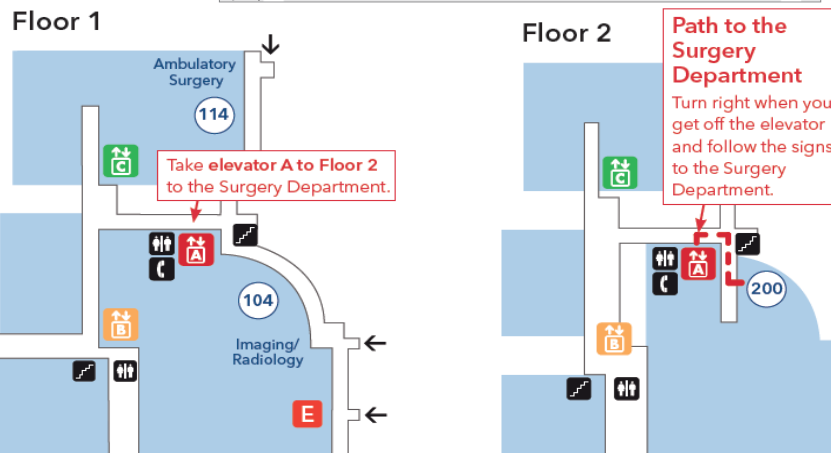
- ← Building entrance
- E** Emergency Department
- Hospital
- Medical office
- Accessible parking
- Parking structure
- Visitor parking lots
A B C D E F G H



Hospital

- 114 Ambulatory Surgery
- 104 Imaging/Radiology
- 200 Surgery Department
- E** Emergency Department
- ↑↓ Elevators
- ♿ Restrooms
- ↕ Stairs
- ☎ Telephones

↑ N Maps not to scale



We wish you the best with your surgery!