



# San Jose Kaiser Permanente OPHTHALMOLOGY PREOPERATIVE INSTRUCTIONS

## Preparing for Surgery

Please pre-admit up to 30-days before your date of surgery, and best if no later than 7 days before surgery. The Admitting Department is open 24 hours per day. You may complete your pre-admission in person or over the phone by calling the Admitting Department at 408-972-7200. Pre-admission may involve collection of a co-payment and deductible fees.

Disability forms can be obtained online at [www.edd.ca.gov/disability](http://www.edd.ca.gov/disability) or from Medical Secretaries, Medical Office Building, 275 Hospital Parkway, lobby floor.

Hours: Monday through Friday, 8 a.m.-5:15 p.m.

It is well known that quitting smoking can make a huge difference in your health and recovery from surgery. The longer you abstain from smoking, the better your chances of a healthy recovery.

Kaiser Permanente offers many resources to help you quit successfully.

- Telephonic Wellness Coaching: (866) 251-4514
- Smoking Cessation Classes: (408) 972-3340
- Online: Visit <http://kpdoc.org/tobacco medications>

We recommend that you listen to the relaxation CD, "Preparing for your Surgery". This same relaxation program can be found at the PeriOperative Medicine homepage at [kp.org/sanjose/pom](http://kp.org/sanjose/pom). Anyone can access this site.

## Seven Days Before Your Surgery

- Please stop all vitamin and other supplements 7 days prior to your procedure.
- If you have any MEDICAL or MEDICATION questions regarding your surgery or if you develop any health changes such as fever, cough, cold, or infection (including teeth and gums), please call the nurse at (408) 972-6570 option 3 (Monday through Friday 8:30am-4:30pm).

## **Seven Days Before Your Surgery (continued)**

- Your Surgery Scheduler will call you one week prior to surgery to confirm your arrival time. Scheduled surgery times may change due to cancellations and emergencies. Please check your phone mail for an updated message. Please plan to devote the entire day to your surgery.

## **The Day Before Your Surgery**

- Avoid smoking or at least cut down 24 hours prior to surgery. If you can stop for a longer period, that would be even better. Avoid alcohol ingestion for 24 hours before surgery.
  - Hygiene: Shower the night before or the morning of surgery. Wear loose comfortable clothes. Do not wear makeup. It is recommended not to wear nail polish.
  - Prescriptions given to you during your consultation need to be filled before surgery.
  - Do not eat any solid food after midnight the night before surgery. You may only drink water or clear apple juice up to 4 hours prior to arrival at the hospital.
- If you become ill after 5 p.m. the evening before surgery or on the weekend before a Monday surgery, please call Admitting at (408) 972-7200 as soon as possible.

## **The Day of Surgery**

On the day of surgery please come to:

- Bldg 274, Ambulatory Surgery Unit; Admitting Desk 408-972-6640 – opens at 6 am
- On the day of surgery, brush your teeth but do not swallow any water.
- If you have been instructed to take medications on the morning of surgery please do so with only a sip of water.
- Do Not take your oral diabetic medication or insulin the morning of your surgery.

The Surgeon and Anesthesia Provider will be talking to you before you go into the operating room.

## Please Bring With You to the Surgery

- If you use a mask or other device for sleep apnea, bring it with you labeled with your name.
- Spirometer if supplied in the clinic.
- DO NOT wear contact lenses. Wear your eyeglasses and bring an eyeglass case
- Please wear your hearing aid or dentures.
- The “Current Medication List” document.
- A copy of your completed advanced directive.
- A picture ID and your Kaiser Permanente ID card. Leave all valuables at home and remove all jewelry (including your wedding ring).

Visitors: You may have family members or friends accompany you on the day of surgery. For your safety we try to limit the number of people in the perioperative areas to one person.

**Outpatients** (If you are scheduled to go home the day of surgery): Postoperative instructions will be given prior to discharge. You will be discharged when you are in stable condition.

- A responsible adult must accompany you at the time of discharge and needs to stay with you for at least 24 hours following surgery.
- You may not drive yourself home after your surgery. Taxi, public transportation, or Outreach is acceptable, but you must have a responsible adult accompanying you.
- Please bring the cell phone number of the person who will be picking you up. We strongly suggest this person wait on campus, as the time you are going to be discharged may vary. If unable to wait, they should stay within 2 miles and be available to return within 15 minutes when contacted. A map of nearby services will be provided at the Surgery Center.
- We provide free internet access

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## Phone numbers for Ophthalmology Advice and Surgery Schedulers:

Ophthalmology Advice Nurse	408-972 6570 Option 3
Ophthalmology Surgery Scheduler	408-972-6426
On the day of Surgery- Surgery Center	408-972-6640
After hours/weekends- Advice Nurse	408-362-4740



## CURRENT MEDICATION LIST

Name: \_\_\_\_\_ Medical Record Number: \_\_\_\_\_

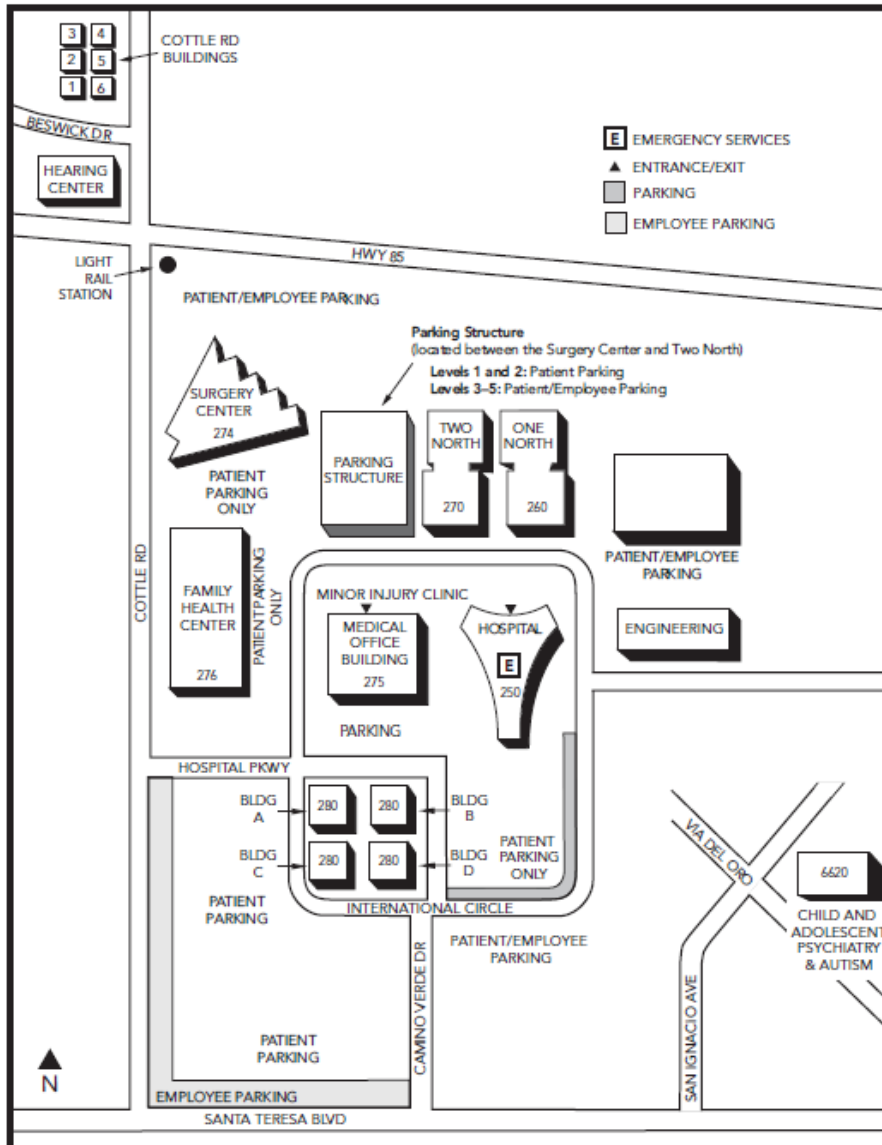
<i>Please complete prior to preoperative visit or telephone appointment</i>		<i>Please complete night before or morning of surgery</i>
Medication	Dosage	Last time taken (Date & Time)

**Please complete this document and bring with on the day of the surgery.**

<i>Please complete prior to preoperative visit or telephone appointment</i>		<i>Please complete night before or morning of surgery</i>
<b>Medication</b>	<b>Dosage</b>	<b>Last time taken (Date &amp; Time)</b>

## San Jose Medical Center

250 Hospital Parkway, San Jose, CA 95119



Map not to scale

### Hospital and Main Campus

250 Hospital Pkwy.  
San Jose, CA 95119

Some services are also available at the following locations:

**Medical Office Building**  
275 Hospital Pkwy.

**Buildings A-D**  
280 Hospital Pkwy.

**Buildings 1-6**  
5755 Cottle Rd.

**Child and Adolescent Psychiatry & Autism Spectrum Disorder Center**  
6620 Via Del Oro

**Hearing Center**  
5831 Cottle Rd.

**One North**  
260 International Circle

**Two North**  
270 International Circle

**Ambulatory Surgery Center**  
274 International Circle

**Family Health Center**  
276 International Circle

**Department locations on reverse side.**

**Parking structure**  
(located between the Surgery Center and Two North)

- Levels 1-2: Patient Parking
- Levels 3-5: Patient/Employee Parking

**From:** Gilroy Medical Offices  
7520 Arroyo Circle

**To:** San Jose Main Campus  
250 Hospital Parkway

**Total distance:** 22.8 miles

**Total estimated time:** 29 minutes

Go northwest on **Arroyo Circle** by turning right (0.9 miles). Turn left onto **Leavesley Road** (0.1 miles). Leavesley Road becomes **Leavesley Road/CA-152 West**. Take the **US-101 North** ramp toward San Jose (0.3 miles). Merge onto US-101 North (18.5 miles). Take **CA-85 North** toward Cupertino/Mountain View (0.1 miles). Merge onto CA-85 North (2 miles). Take the **Cottle Road** exit (0.2 miles). Keep left at the fork in the ramp (0.3 miles). Merge onto Cottle Road (0.3 miles).