



Kaiser Permanente Santa Cruz County PRE-OPERATIVE INSTRUCTIONS Your Surgery at Watsonville Community Hospital

Preparing for Surgery

When you have surgery scheduled at Watsonville Community Hospital, you can complete your pre-admission by phone. If you do not receive a call by 48 hours before your procedure time, you may call the Watsonville Hospital Admitting Office at 831-761-5655, ext 1691 between 6 am and 2:30 pm weekdays. Pre-admission may involve collection of a co-payment and deductible fees.

For FMLA or disability claims, please contact the Release of Medical Information Department (formerly Medical Secretaries), which is located at the San Jose Campus, Medical Office Building (Bldg 6), 275 Hospital Parkway, Lobby Floor (Monday-Friday, 8am-5:30pm) or in Gilroy at 7520 Arroyo Circle (Monday-Friday, 8:30am-4:45pm). You may also contact the department by phone at (408) 284-5200 or e-mail at SJO-ROI@kp.org.

For state disability, applications are processed online. You will need to initiate the state disability (EDD) online application by going to www.edd.ca.gov/disability, completing the initial application information, and obtaining a reference number. Contact the Release of Medical Information Department with the reference number by calling (408) 284-5200 or e-mailing the reference number to SJO-ROI@kp.org along with three patient identifiers. Private disability/FMLA requests will need to be submitted either by e-mail, phone, or in person for processing and completion.

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/tobaccomedications>

After your appointment with the surgeon confirming need for surgery: You will either be scheduled for a pre-operative visit or Telephone appointment up to 30 days in advance of your date of surgery.

If you are scheduled to receive a pre-operative phone call from the Kaiser Permanente Peri-Operative

Medicine physician or nurse practitioner, please be available 1 hour before and 1 hour after the appointment time.

During the visit / telephone appt. we will be reviewing your medical record and discussing the following information with you.

- Any over-the-counter medications, vitamins, and herbal supplements.
- Medications you are currently taking, including the times you take them and the dosage.
- Any allergies to medication and/or food.
- Any previous surgeries and the dates of those surgeries.
- Any personal or family history of problems with Anesthesia
- Your medical history (i.e., history of diabetes, high blood pressures, heart disease, etc.).
- Your family history. (i.e., family member who has history of cancer, diabetes, heart disease).
- Please complete the "Current Medication List" document and bring with you to the visit / have it available to discuss over the phone, and bring with you on the day of the surgery.

If you take Aspirin or Aspirin containing products (such as Ascriptin, Bayer, Excedrin, Bufferin, Easprin and Ecotrin,) please make sure that you let your doctors and pre-op nurses know. At the time of your pre-operative phone call or visit, there will be a discussion about whether to continue or stop taking your aspirin before your procedure.

If you take blood pressure medications, beta blockers, or any other blood thinners (Plavix, Coumadin, Xarelto, Pradaxa, etc.), please bring this up during your pre-operative conversations.

Please inform your preop doctor if you take any of the medications listed below.

- Ibuprofen (Motrin, Advil), Aleve, Naprosyn, Clinoril, Disalcid, Dolobid, Indocin, Meloxicam (Mobic), Nalfon, Orudis, Tolectin, Trilisate, Voltaren-- please stop taking them 3 days prior to surgery.
- Relafen, Feldene, Meclomen-- please stop taking them 10 days prior to surgery.
- It is OK to continue Acetaminophen (Tylenol) for pain until the morning of surgery with a sip of water.

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. 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 develop any rashes, cuts, scratches, scrapes or infections anywhere on your body prior to surgery, please call the surgery scheduler as soon as possible. This may require treatment to reduce the chance of cancellation of your surgery on the day of surgery. (If the surgery is more than 7 days away, call Kaiser Permanente Patient Coordinator at 831-768-6629. If the surgery is within 7 days, please call the Watsonville Hospital Surgery Scheduler at 831-761-5656).
- If you have any MEDICAL or MEDICATION questions regarding your surgery, please call (408) 363-4584 to speak with the Kaiser Permanente Pre-Op Clinic nurse (Monday through Friday 8:30am-4:30pm). If you develop any health changes such as fever, cough, cold, or infection (including teeth and gums), call the nurse.

The Days Before Your Surgery

- You will receive a call from the Watsonville Hospital Surgery Department up to 3 business days before your surgery to confirm your arrival time and review your health history. Scheduled surgery times may change due to cancellations and emergencies. Please check your phone mail for an updated message. If you have not received a call by 24 hours ahead of your procedure time, please call WCH Surgery Registration at 831-761-5656 between 6 am and 2:30 pm weekdays. Please plan to devote the entire day to 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. If you have been given Chlorhexidine wipes, follow the instructions to use the night before and day of surgery. Do not shave the surgical area. If given a special soap, please use the morning of surgery to wash the surgical site or as directed by your surgeon. Wear loose comfortable clothes. Do not wear makeup. It is recommended not to wear nail polish.
- Please follow these food and liquid guidelines prior to your surgery:
 - **Adults, Adolescents & Children:** 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 unless specifically instructed by your MD to have a pre-operative drink.
 - **Infants:** Solids and formula may be taken up to 8 hours prior to arrival at the hospital. Breast milk, water or clear apple juice may be taken 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 Watsonville Hospital Nursing Supervisor at 831-234-2389 as soon as possible.

The Day of Surgery

On the day of surgery please arrive 1 hour and 30 minutes before the scheduled start time for your procedure. Please come to the Watsonville Hospital Ambulatory Surgery Unit using the entrance near the Emergency Room. Admitting Desk opens at 6:15 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.

The Surgeon and Anesthesiologist 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.
- A storage container for contact lens and eyeglasses.
- 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. You must have a responsible adult to drive you home.
- 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.
- We provide free internet access.



CURRENT MEDICATION LIST

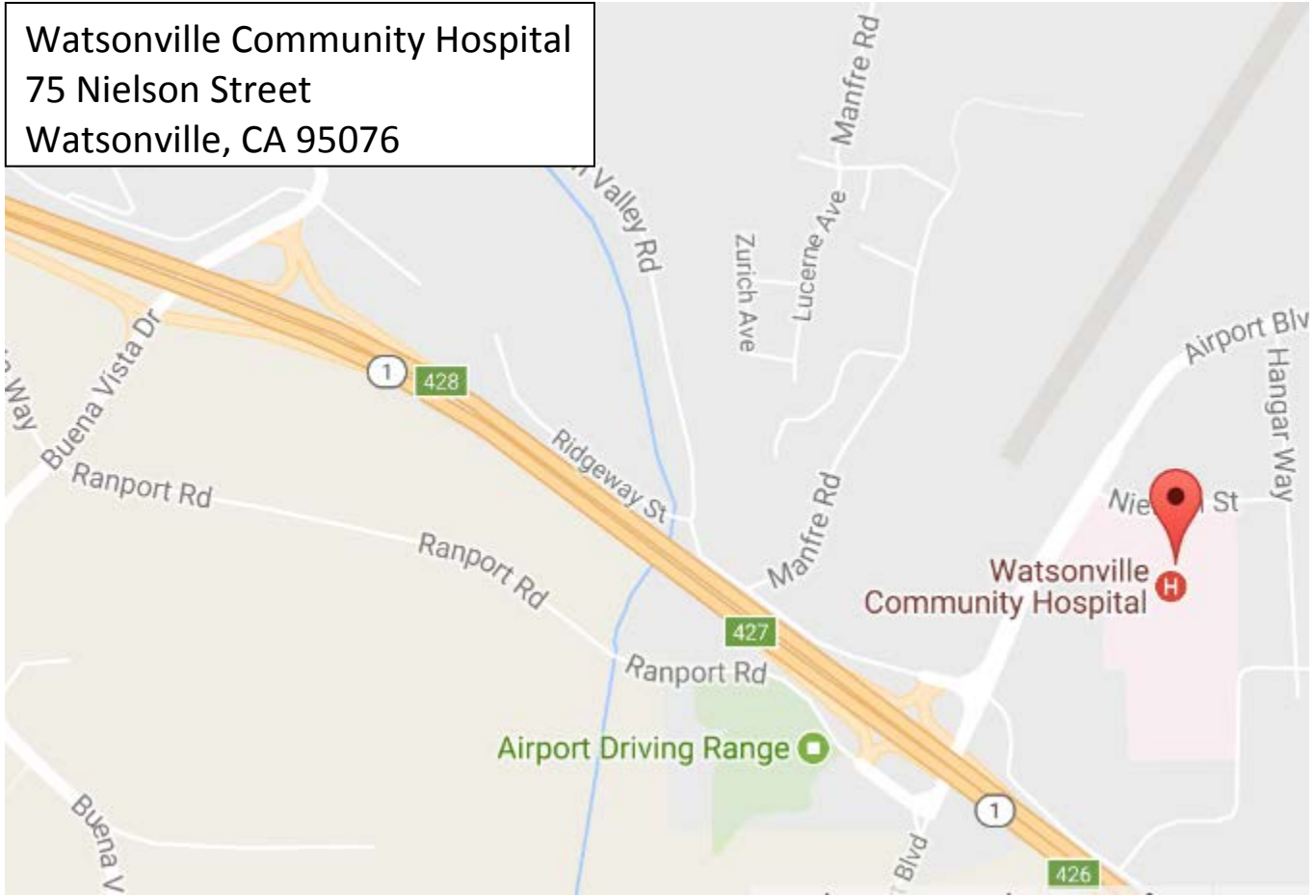
Name: _____ Medical Record Number: _____

<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 you to the visit / have it available to discuss over the phone, and bring with you on the day of the surgery.

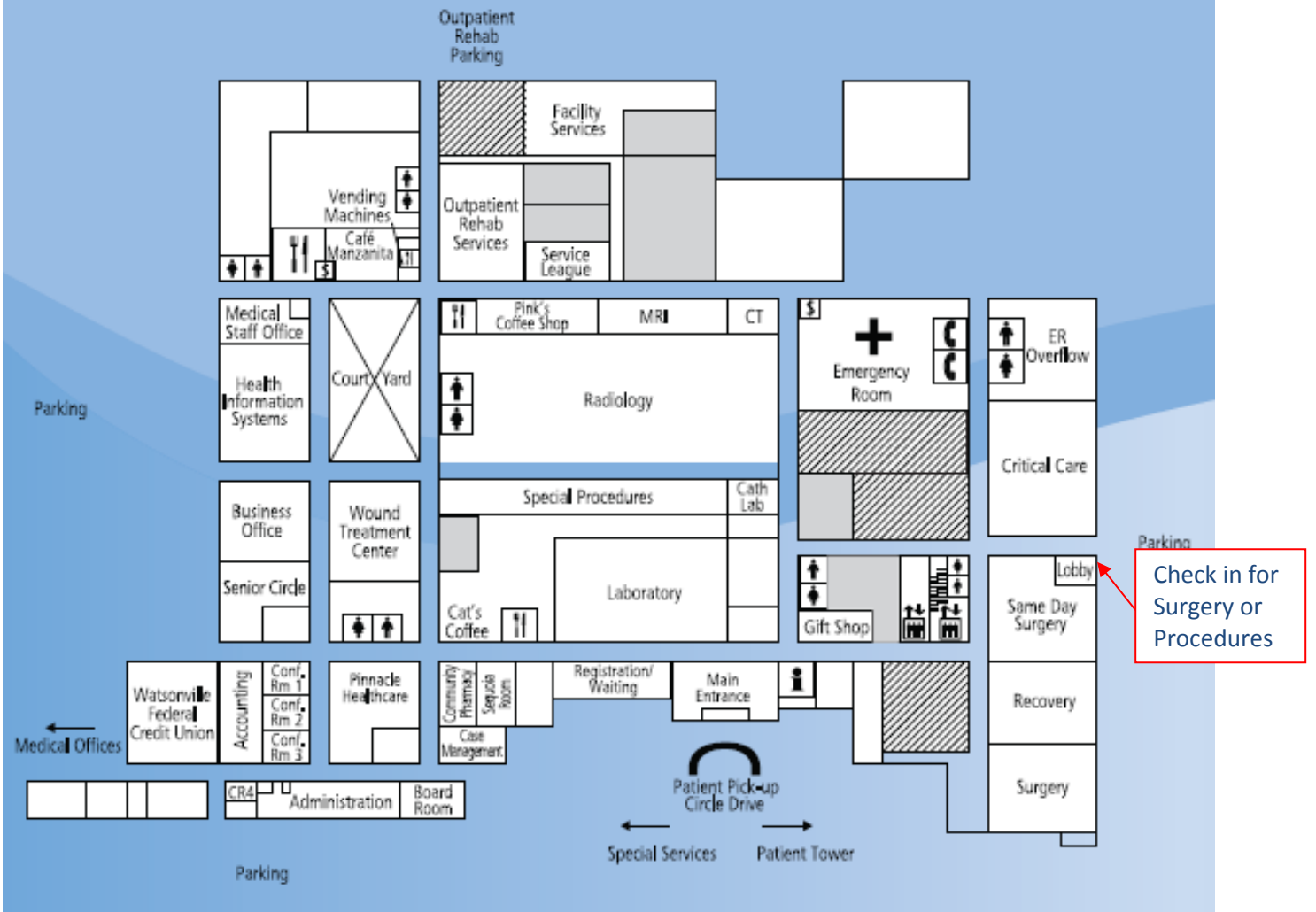
<i>Please complete prior to preoperative visit or telephone appointment</i>		<i>Please complete night before or morning of surgery</i>
Medication	Dosage	Last time taken (Date & Time)

Watsonville Community Hospital
75 Nielson Street
Watsonville, CA 95076



Watsonville Hospital Map

1st Floor



Check in for Surgery or Procedures