



Thriving For Surgery

How to Prepare Before, During and After Surgery

Panorama City Service Area

Schedule and Appointment Times Checklist

Please bring this book to all your pre-surgery/procedure appointments.

This page is for you to write down all of your appointments. Please note that you may not need all of the types of appointments listed below. Please be sure to ask your doctor.

Surgery/Procedure Date: _____

Location (check your assigned location):

Panorama City: 13651 Willard Street, Panorama City, CA 91402, Hospital 2nd floor, Area 21

Santa Clarita 2: 26877 Tourney Road, Santa Clarita, CA 91355, 1st floor, Area 126

A _____

Date: _____

Time: _____

Location: _____

Health Care Provider: _____

D **Post-Operation Appointment**

Date: _____

Time: _____

Location: _____

Health Care Provider: _____

B _____

Date: _____

Time: _____

Location: _____

Health Care Provider: _____

E **Canceling Your Surgery**

If you need to cancel your surgery within 24 hours, or you are confirming your surgery time, call **818-375-3884**.

C _____

Date: _____

Time: _____

Location: _____

Health Care Provider: _____

If you are calling to cancel/reschedule your surgery more than 24 hours or need to reach a Surgery Scheduler call **818-375-2414**.

Planning For Your Surgery

Welcome

Having surgery is a big decision. This booklet covers the most important facts to help you prepare for surgery and have a smooth recovery.

Read this booklet and complete all items on the preparation checklist. It will help you and your family know what to do.

If you have not already, register to access your online medical record at kp.org. Through this portal, you can get information about your surgery, view your appointments, and communicate with your care team. If you are already registered, download the app to your smart phone or tablet.

Your care team will answer any questions you have.

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Getting Here

Parking Information-Panorama City

Food and Beverage


Cafeteria and Vending Machine

Located in Hospital, entrance available in Building 5.

Aromas Coffee Cart

Located near 3A

- ← Building entrance
- E** Emergency Department
- H** Hospital
- Medical offices
- M** Metro bus stop
- P** Staff parking
- P** Member parking
- Gift shop
- Rx** Pharmacy
- S** Security
- T** Tram shuttle
- U** Urgent care

 All building entrances shown in map are accessible to people with disabilities.



**Santa Clarita
Medical Offices 2**
26877 Tourney Road
Santa Clarita, CA 91355

Business Hours
Monday through Friday,
8:30 a.m. to 6 p.m.

Laboratory
Monday through Sunday,
9 a.m. to 9 p.m.

Pharmacy
Monday through Friday,
8:30 a.m. to 9 p.m.
Saturday and Sunday,
9 a.m. to 9 p.m.

Radiology/Diagnostic Imaging
Monday through Friday,
8:30 a.m. to 9 p.m.
Saturday and Sunday,
9 a.m. to 9 p.m.

Urgent Care
Monday through Sunday,
9 a.m. to 9 p.m.

For more information, please
call **1-833-KP4CARE**.

Visit kp.org/santaclarita for a full
list of services and hours at this
location.

Information may have changed since
publication.

¹Specialty services by referral only

²When appropriate and available

Whether members visit one of our locations for a simple check-up or for more specialized care, we've got them covered. Most of our medical offices offer convenient access to primary care services for members who live and work in the Santa Clarita Valley.



Building Highlights

- 64,000 square feet
- Wide range of medical and surgical specialists
- Complementary parking available on-site for members



Care Services¹

Floor 1

- Reception/Registration
- Laboratory
- Ophthalmology
- Orthopedics/Podiatry
- Pharmacy
- Radiology/Diagnostic Imaging
- Surgical Suites
- Urgent Care

Floor 2

- Cardiology
- Endocrinology
- Gastroenterology
- Hematology/Oncology
- Infectious Disease
- Infusion Center and Wound Clinic
- Nephrology
- Neurology
- Pain Management
- Physical Medicine
- Pulmonology
- Rheumatology
- Urology



Designed for Comfort and Convenience

- Self-service check-in kiosks
- Video consultations available for select services²
- Video visits from your computer, smart phone, or tablet²
- Same-day phone appointments with a doctor²
- Access to more than 150 languages using interpreter services
- Enhanced integrated technology

Surgical Center Information

1

Panorama City and Santa Clarita 2

Scheduling Information

The operating room will call you between 3 and 9 p.m. the business day before to notify you of the time you are to arrive at the hospital for surgery.

- If your day of surgery follows a holiday, you will be called on the last working day before the holiday.
- If your surgery is scheduled on a Monday, you will be called on the Friday before the day of surgery.

Please have someone available or a message machine to receive this information.

You will be scheduled at either Panorama City Medical Center or Santa Clarita 2 facilities.

Panorama City Medical Center

13651 Willard Street, Panorama City, CA 91402

- Enter the main entrance of the hospital.
- Take the elevator to the **2nd floor and go to Area 21, Surgery/Pre-op**, which is to the left of the elevators.
- If you have not received a call by 9 p.m. the evening before your scheduled surgery, please call our operating room at 818-375-2447.
- If you need to cancel your surgery, call our scheduler during business hours at 818-375-2414. After hours (after 5 p.m., Monday through Friday, on weekends and holidays), please call the operating room at 818-375-2447.

Santa Clarita 2

26877 Tourney Road, Santa Clarita, CA 91355

- Enter the main entrance of the hospital.
- Please report to the **1st floor, Area 126**.
- If you are asked to arrive at 6 a.m., a security guard will be there to unlock the door. Check in with the receptionist at the main entrance.
- If you have not received a call by 5 p.m. the day before your scheduled surgery, please call our operating room at 661-290-7430.
- If you need to cancel your surgery, call our scheduler during business hours at 661-290-7430.

Follow the general rules listed below and confirm with your regular doctor (primary care physician) or surgeon what medicines you should take and what you should stop before surgery.

Medicines or Herbs for Adults

- STOP anti-inflammatory medicines (such as Motrin, Advil, Naproxen, Excedrin) 7 days before surgery. You may use Tylenol for pain.
- Some non-prescription (over-the-counter) medicines must also be stopped at least 7 days before surgery. Ask your doctor which ones to stop taking.
- STOP all herbal medicines at least 7 days before your surgery date. Herbal medicines may cause bleeding and/or problems with anesthesia.
- STOP taking all diet pills 7 days before your surgery date.

Coumadin or Other Blood Thinning Medicines

- Certain medicines increase bleeding risks (e.g., Coumadin (warfarin), Pradaxa, Lovenox*). Let your surgeon know which medicines you are taking, including herbal medicines.
- You may need to STOP aspirin or 81 mg aspirin 7 days before surgery.
- Contact the Coumadin Clinic 10 days to 4 weeks before surgery at 1-877-608-0082 to inform them of your upcoming surgery (surgery date). The Coumadin Clinic will contact you with the plan developed by the pharmacist to manage your Coumadin before, during, and after surgery.
- If you are taking blood thinner-direct oral anticoagulants, a referral will be sent to the regional Pharmacy. They will contact you about managing your blood thinners.

Blood Pressure Medications

- Most medications for high blood pressure should be continued on the day of surgery. These include betablockers (Atenolol, Metoprolol) and diuretics (Hydrochlorothiazide).
- However ACE inhibitors (these medications usually end in "-pril") such as Lisinopril, Benazapril, Enalapril) should NOT be taken on the day of surgery as it could lower your blood pressure when combined with anesthesia.

**Kaiser Permanente does not endorse the medications or products mentioned. Any trade names are for easy identification only.*

Planning Ahead

Special Instructions

2

If You Have Diabetes

- Make sure you are controlling your blood sugar.
- If your blood sugar is poorly controlled, your surgery may be rescheduled.
- DO NOT take these medicines on the day of your surgery:
 - Diabetes pills
 - Regular “R” insulin
 - Lispro (Humalog) insulin
- If you use insulin in the morning, you may take up to half of your NPH (“N”) insulin or glargine (Lantus) insulin. **If your blood sugar is too low at any time, take 4 oz. of apple juice, 4 oz. of Gatorade, or 1 glucose tablet.**
- Visit kp.org/diabetes for more information.

If You Drink Alcohol

- STOP drinking beer, wine, and alcohol 2 days before surgery as this may interfere with the anesthesia and may cause surgical problems.
- If you believe you are a heavy drinker, let your surgeon and anesthesiologist know.

If You Smoke, Vape, or Chew Tobacco

- STOP smoking completely 1 to 2 months before surgery to minimize the risk of health problems such as pneumonia and poor wound healing. Do not smoke for at least 3 months after surgery.
- Speak with your regular doctor (primary care physician) for resources and tools to help you stop smoking.
- Call 1-866-862-4295 to make an appointment with a wellness coach in our Wellness Coaching by Phone program or visit kp.org/quitsmoking.
- You can also take a Tobacco Cessation class with our Center for Healthy Living department. Call 818-375-3018 to register for a class or for more information.
- Parents/guardians of children: Exposing your children to smoking (smoking around your child) can cause health problems such as pneumonia and poor wound healing after surgery. STOP exposing your child to smoking at least one month before surgery and for at least 3 months after surgery.

Staying Active

- Walk or stay active. Moving helps your body recover.

Dental Health

- A key to good dental health is to have regular dental check-ups and cleanings every 6 months.
- Complete any necessary dental work 4 to 5 weeks before your surgery.
- You must be free of dental or gum infection in order to have surgery.
- If you have full dentures (upper and lower), no dental clearance is necessary.

Other Medical Conditions

Call your surgeon's office if you have:

- Untreated or currently treating a urinary tract infection.
- New onset of any medical problem.
- Recent emergency room or urgent care visits.
- Skin rashes, cuts, or wounds on your skin.

General Surgery Information

- Please remember to bring your Kaiser Permanente card, a picture ID, a list of medications, and your registration copay (if applicable). For more information call 1-800-464-4000.
- When they are ready for you, you will be directed to the pre-operative area.
 - Please note: Children may not accompany you to the pre-operative area.
- Visitors may stay in the waiting area while you are in surgery.
- Your family will be notified when your surgery is completed.
- After surgery, you will be taken to the appropriate post-anesthesia care unit (PACU).
- Once the admission process is completed, you may have one visitor at a time.
 - Visitors must be at least 18 years of age.
- If your surgeon informs you that you will be going home the same day, you will be prepared for discharge from the PACU.
- Please understand that you may be kept overnight to receive further care. If so, you will be admitted into the hospital for post-operative care and will be taken into a room.
- Your visitors will be informed either way and will accompany you as you are transferred.

Planning Ahead

Preparation and Home Safety Suggestions

2

Arranging your home equipment and family support before surgery will promote a smooth homecoming. Here are some suggestions.

Transportation Home

Make sure to arrange your transportation home from the hospital in advance.

Meals

Prepare your meals ahead of time and store them in the freezer for use after you get home from the hospital.

Clear Pathways

Remove clutter or furniture to provide a clear path to walk around your home. Make sure there is enough room to get around your living area safely.

Tripping Hazards

Secure any loose cords, electrical, or telephone anywhere on the floor. You can easily trip on these.

Night Lights

Install and use night lights in hallways, bedrooms, and bathrooms.

Slippery Floors

Do not wax floors, this can make them slippery.

Caregiver

If you believe you will need help, please make sure to arrange your help before your surgery.

Groceries

Get groceries, supplies, and easy to prepare meals.

Rugs

Take all throw/scatter rugs off the floor. Rugs are a tripping hazard and can cause falls.

Non-Skid Mats

Consider installing non-skid mats or strips on shower/tub floor.

Handrails

Consider installing handrails in the bathtub/shower/toilet areas if needed.

Unlocked Doors

While in the bathroom, leave doors unlocked in case you need help.

Important Information for Your Surgery

Admitting Information and Ride Home

Surgery Check-in Time

- You may receive a call the day before your surgery date to let you know what time to check in for your surgery or to complete your phone pre-admission. This includes verifying/updating your address, phone number, health insurance, and to collect any copays that are due at the time of service.

Ride Home

- If you are going home on the same day of your surgery/procedure, you must have a responsible adult to take you home.
- If you are staying in the hospital after surgery/procedure, make sure to arrange your ride home from the hospital in advance.
- Please have this information with you on the day of your surgery/procedure:

Name of Driver: _____

Contact Phone Number: _____

Member Services, Eligibility, and Benefits

- Please contact Member Services at 1-800-464-4000 or 1-800-777-1370 (TTY 771) for the deaf, hard of hearing, or speech impaired to discuss your coverage eligibility.
- To find out more information about your copay, contact the financial counselors at 818-375-2159.
- The Admitting Department may contact you to start the admitting process and to collect copayments that are due.

Cancelling Your Surgery/Procedure

- If you need to cancel or confirm your surgery or procedure within 24 hours of your surgical date, call 818-375-2447.
- If you would like to cancel or reschedule more than 24 hours prior to your surgical date, call 818-375-2414.
- You may also call 1-833-574-2273 (1-833-KP4CARE) (TTY 771) to leave a message for your surgeon.

Before Your Surgery

Diet Instructions Checklist-Enhanced Recovery Drink Guidelines

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Failure to follow these instructions may result in a delay or cancellation of your surgery.

If you have diabetes and your sugar is below 70 and you are having symptoms of low blood sugar, take 4 oz. of apple juice, 4 oz. Gatorade, or 1 glucose tablet.

Adult Diet Instructions

- At 2 hours before your check-in time.**
Drink 8 to 12 ounces of a carbohydrate rich drink. Finish drinking it within 15 minutes. Drink any of the following carbohydrate rich drinks:
 - Gatorade
 - Apple juice
 - Clearfast
- DO NOT**
Eat any solid foods after midnight. However, you may drink the following clear liquids up until 2 hours before your check-in time:
 - Gatorade
 - Apple juice
 - Clearfast
 - Water
 - Black coffee (no creamer or milk)
- DO NOT** chew gum or eat candy after midnight.
- STOP** drinking alcohol 2 days before surgery.

Child Diet Instructions

- You may give your child formula or milk until **6 hours before check-in time.**
- If breastfeeding, you may give your infant breast milk up until **4 hours before check-in time.**
- Your child can drink the following clear liquids only:
 - Gatorade
 - Apple juice
 - Pedialyte
 - Water
- DO NOT** allow your child to eat any solid foods after midnight.
- DO NOT** allow your child to chew gum or eat candy/gummies after midnight.

Before Your Surgery

To be Determined by Your Doctor/If Required- Preparing the Skin Checklist

Skin bacteria are the most common causes of post-operative surgical wound infections. These cloths will clean your skin before surgery and help prevent infection at the surgical site. The cloths contain an antiseptic called Chlorhexidine Gluconate (CHG). CHG kills bacteria on the skin that could cause a wound infection.

Important Information

- DO NOT let the cloth touch your eyes, ears, mouth, genital and rectal areas, colostomy, if you have one.
- DO NOT flush the cloths down the toilet as they will clog pipes.
- DO NOT shave any areas of the body below the neck, at least 7 days before surgery.
- DO NOT microwave cloths. Closed packages containing cloths may be warmed by soaking in warm water.
- DO NOT rinse or use any lotions, powders, deodorant, or make-up after preparing skin.
- Use the cloths on cool, dry skin.

Directions on How to Use the CHG Cloths

- Take a shower. Let your skin dry completely. Then use cloths.
- Each package contains 2 CHG cloths. Open all three packets of CHG.
- Gently wipe each body area very well with a back and forth motion. Use one cloth for each body area (see diagram on next page).
- **USE ALL 6 CLOTHS.**
- It is normal for the skin to have a temporary “tacky” or “sticky” or mildly itchy feel for several minutes after you use the cloths.
- After using the cloths, allow area to air dry for one minute. Do not rinse.
- Dress in clean clothes or sleepwear.

Before Your Surgery

To be Determined by Your Doctor/If Required- Preparing the Skin Checklist

4

Cleaning

Night Before
Morning Of

Check off each box as you complete each area of the skin.

- Cloth #1** Start with your neck, moving down to the chest. When your chest is done, start at the shoulder of each arm and end at your fingertips. Be sure to wipe your armpits.

- Cloth #2** Start at your belly and move down to your right and left hips, followed by your groin. Be sure to wipe any creases or folds in your belly or groin areas. (**DO NOT** use this cloth to clean your genital area.)

- Cloth #3** This cloth is for the front of both legs. Start at the top of your thighs and work your way down to your toes. Be sure to clean your feet and between your toes.

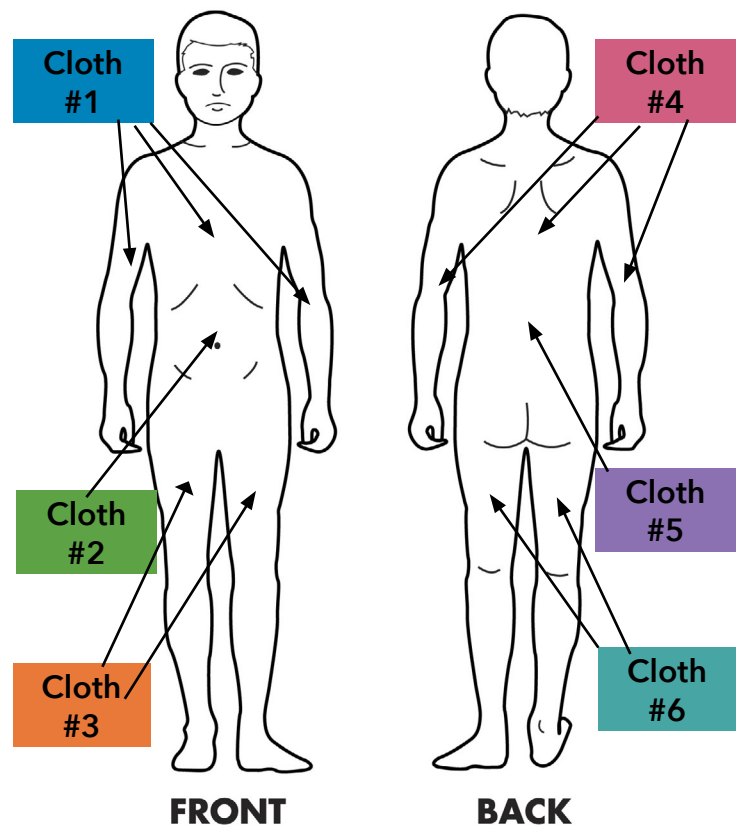
- Cloth #4** Start at the back of the neck and clean down, toward mid-back, and then start at each back side of the shoulder and clean down to hands.

Night Before
Morning Of

Check off each box as you complete each area of the skin.

- Cloth #5** Start at your mid-back and move down to lower back. (**DO NOT** use this cloth to clean your genital area.) Move to the right and left hip.

- Cloth #6** This cloth is for the back of both legs. Start right below the buttocks; move down, behind the knees and calves, ending at your heels.



When recovering from surgery, you may experience pain, but there are ways to manage your discomfort. **Being prepared helps put you in control.**

Alternate Methods

There are many ways to control your pain that do not involve medicine:

- Relaxation or deep breathing.
- Visualization: think positive, healing thoughts.
- Distraction: Watch TV, listen to music, read.
- Adjusting your body position.

Ask Questions

Ask your doctor or nurse what to expect after surgery. You may want to write down your questions before you meet with your doctor or nurse.

- Will there be much pain after surgery?
- Where will the pain occur?
- How long will the pain last?
- What are the side effects?

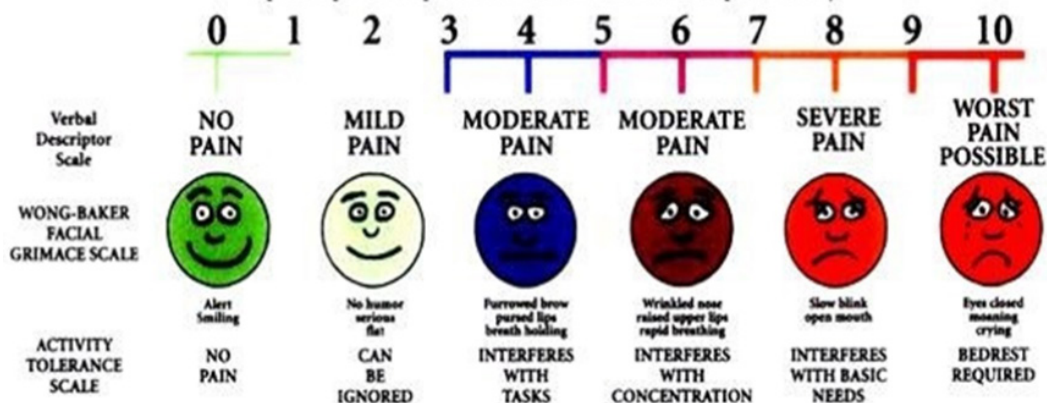
Discuss Your Options

Tell your doctor or nurse about:

- Pain control methods that have worked well or did not work well for you before.
- Concerns you have about pain medicine.
- Allergies to medicines.
- Medicines you take for other health problems. The doctors and nurses need to know because mixing some drugs with certain pain medicines can cause problems.

UNIVERSAL PAIN ASSESSMENT TOOL

This pain assessment tool is intended to help patient care providers assess pain according to individual patient needs. Explain and use 0-10 Scale for patient self-assessment. Use the faces or behavioral observations to interpret expressed pain when patient cannot communicate his/her pain intensity.



Before Your Surgery

What to Bring/Wear

4

We advise that you DO NOT bring any large amount of cash or valuables such as electronic devices and jewelry. We are not responsible for the loss of your personal items. If someone accompanies you on the day of your surgery/procedure, they may be given your valuable items to hold.

What to Bring/Wear

- Kaiser Permanente card
- Photo ID (driver's license, passport, government issued identification card)
- The name of the person who will drive you home and their phone number
- The name of your caregiver
- Credit card, debit card, enough cash or a check to make any copayments that may be due the day of your surgery/procedure.
- A copy of your completed Advance Directive
- Please wear comfortable clothes that can be changed easily

Do NOT Bring/Wear

- Any jewelry (including body piercings)
- Extra or large amount of cash
- Face lotion (Moisturizer, sunscreen, etc.)
- Cologne/perfume
- If you wear contact lenses, glasses, dentures, or hearing aids, you may bring them. Please make sure to bring their protective cases and be prepared to remove them before surgery.
- Body lotion
- Hair pins
- Deodorant
- Makeup
- Hair products (e.g., gel, mouse, oil, hairspray, etc.) **These items could be flammable.**

If You Are Going Home the Same Day of Surgery

- You will be in the recovery room, and you will be sent home directly from the recovery room.

These measures should be used to control pain after surgery:

- You should apply an ice pack periodically to the incision area if possible.
- You should use pillows to prop up the area of surgery if possible (i.e., arm, leg).
- As soon as possible, we want you to move. You should walk as much as possible. It may be difficult at first, but walking helps the body get stronger. It also prevents constipation after surgery. Start slowly with sitting and progress until you can walk. Walking assists with your pain control and overall recovery.
- You should take Tylenol (Acetaminophen) together with an anti-inflammatory medication (ibuprofen, Naproxen, or Meloxicam) regularly on a schedule for the first 7 to 10 days after surgery. When taken together these two types of medication will provide good plain relief with very little side effects.
- You should only take narcotic pain medication as needed for more severe pain.

If You Are to Stay in the Hospital After Your Surgery

Ask for pain medicine when pain begins

- Take action as soon as the pain starts. It is harder to ease pain once it has taken hold. This is a key step in pain control.
- If you know your pain will worsen when you start walking or doing breathing exercises, take your pain medication first.

Persistent pain

- Tell your doctor or nurse about pain that does not go away after medicine is given.
- Do not hesitate to speak up about your pain! The doctors and nurses want and need to know about it.

Measuring pain

- The doctors and nurses may ask you to rate your pain on a scale of 0 to 10.
- Reporting your pain as a number helps the doctors and nurses know how well your treatment is working and whether to make any changes.

Walking after surgery

- As soon as possible after surgery we want you to move. We will start slowly with sitting and progress until you can walk. Walking assists with your pain control and overall recovery.

Eating

- After your surgery, we will make sure that your nausea and vomiting is controlled. We will give you clear liquids and then advance your diet as tolerated.

Common Symptoms

Refer to the information below. Email your doctor via kp.org, speak with your surgeon, call your clinic during the day or 1-833-574-2273 (1-833-KP4CARE) (TTY 771) after hours, if needed.

These are common symptoms after surgery:

Pain

- It is normal to have some pain until your body heals. It may take days to weeks for the pain to fully resolve. Follow your doctor's pain medicine recommendations.
- These measures should be used to control pain after surgery:
 - You should apply an ice pack periodically to the incision area if possible.
 - You should use pillows to prop up the area of surgery if possible (i.e., arm, or leg).
 - You should walk as much as possible. It may be difficult at first, but walking helps the body get stronger. It also prevents constipation after surgery.
 - You should take Tylenol (Acetaminophen) together with an anti-inflammatory medication (Ibuprofen, Naproxen, or Meloxicam) regularly on a schedule for the first 7 to 10 days after surgery. When taken together these two types of medication will provide good pain relief with very little side effects.
 - You should only take narcotic pain medication as needed for more severe pain.

Constipation

- Your pain medicines may cause constipation. Drink plenty of fluids, eat foods high in fiber, and take stool softeners to prevent constipation.
- If needed, Miralax (an over the counter laxative) can be taken to help you move your bowels.

Drowsiness and Dizziness

- It is normal to feel drowsy and dizzy after surgery. There is no need to worry but be careful when getting up.

Nausea and Vomiting

- You may feel nauseous and may even vomit. Taking your pain medicines with food may help. If you can not keep warm water down call 1-833-574-2273 (1-833-KPCARE) (TTY 771).

Within 12 Hours After Surgery

- Sit up in bed to help prevent pneumonia.
- Begin to eat and drink to give you energy to heal.
- Eat meals in a chair.
- Wash your hands regularly.
- Brush your teeth.
- Walk or stay active. Moving helps your body recover.
- They best way to help prevent blood clots and pneumonia is by being active and walking when possible.

Seeking Advice

Difficulty Urinating

- If you have difficulty urinating and have the urge to urinate, seek medical attention by calling 1-833-574-2273 (1-833-KP4CARE) (TTY 771). Please call this number if you cannot urinate and experience any of the following:
 - Bladder fullness or heaviness
 - Discomfort or pain when urinating
 - A sense of urgency (immediate feeling of needing to urinate)
 - Urinating frequently in small amounts and do not feel that you have emptied your bladder.

Call 1-833-574-2273 (1-833-KP4CARE) (TTY 771) for advice. If you have an urgent care need, we can direct you to the appropriate facility or assist you in scheduling a same-day or next day appointment.

A complication that requires prompt medical attention but is not an emergency medical condition:

- Fever over 101.5° F for adults
- Bright red blood that will not stop (some oozing of blood is normal)
- Signs of a blood clot:
 - Pain or redness in your calf, back of knee, thigh, or groin
- Stitches are loose
- Open incision
- Difficulty urinating
- Signs of infection:
 - Pain swelling, warmth or redness
 - Pus draining from the incision
 - Red streaks from the incision
 - Swollen lymph nodes

Call 911 for emergency care:

- Lose consciousness (pass out)
- Severe chest pain
- Severe trouble breathing
- Severe bleeding

Frequently Asked Questions

Q. Why is it important to drink a carbohydrate beverage before surgery?

A. The carbohydrate drink gives you the energy you need during surgery and to start healing afterward. You'll also feel less hungry and thirsty.

Q. Why eat and drink soon after surgery?

A. Food provides you with energy to help you heal and recover faster.

Q. Why should I sit up and walk soon after surgery?

A. Moving can prevent blood clots and pneumonia to help you feel better. If you are recovering in the hospital, we'll help you sit up in a chair for meals and walk short distances. If you are recovering at home, sit up in a chair for meals and get up and walk from time to time.

Q. How will I manage my pain after surgery?

A. Use ice packs, elevations, walking and mindfulness. Your nurse educator will review which medications you should take, if necessary.

Q. Do I need to take my pain medicine, even if I'm not in pain?

A. Yes, for the first few days after surgery, take the medicine as directed by your doctor so you can stay ahead of the pain, move around, and heal faster. It's harder to manage pain when you miss a dose. If you need to take opioid medicine, also take medicine prescribed for constipation.

Q. Why do I need help at home after surgery?

A. Even if you usually take care of everything on your own, you may need help at home to safely recover. Your helper can assist with meals, medicine, driving, and other daily activities.

Q. Why do I need to quit tobacco?

A. Smoking slows healing and increases the risk of complications. Quitting before surgery can make a big difference. We offer counseling and medicine to help you quit. Call 1-866-862-4295 for Wellness Coaching by Phone or visit kp.org/centerforhealthyliving to get more information. For our free online quit smoking program, Breathe, visit kp.org/healthylifestyle.

Q. Who should I contact for any additional information reviewed in class?

A. Your nurse educator will provide their contact information during this class.

Q. How long should I expect to be off of work?

A. Depends on the type of surgery and your recovery time. Your doctor(s) will let you know how long you should be off work. A work note will be provided to you by your surgeon and clinic nurse.

Frequently Asked Questions

Q. What should I do if I am taking medications?

A. Continue to take these regular medications: High blood pressure medication, heart medication and inhalers. Speak to your doctor about stopping these medications: Aspirin, Plavix, Coumadin (Warfarin), Pradaxa, Eliquis, diabetes medications. For all other questions regarding medications, contact your doctor.

Q. When should I arrive for my surgery?

A. Be sure to check in at least 2 hours before your scheduled surgery.

Q. Can I eat the day of surgery?

A. You should NOT eat any solid foods the day of your surgery. You SHOULD drink a clear liquid to avoid dehydration exactly 2 hours before your check in.

Q. What should I wear on the day of surgery?

A. You should wear loose and comfortable clothes. No jewelry, cologne, lotion, deodorant, etc.

Q. Can I drive home after my surgery?

A. For your safety, you should have a trusted adult drive you home after your surgery. Your surgery may be postponed if you are not able to make these arrangements.

Q. How much should I walk after surgery?

You should walk as much as possible. You should aim to get out of bed within 12 hours of surgery, walk around the house or ward post-op day 1, and walk more than you did the day before.

Q. How long until I can go home after surgery?

A. As soon as you are ready. Some signs of readiness are eating, drinking, walking, controlled pain.

Q. Who can I contact to get advice after my surgery?

A. During regular clinic hours (Monday through Friday, 8:30 a.m. to 5 p.m.), send a message to your doctor on kp.org or call 1-833- KP4CARE (1-833-574-2273). After clinic hours, call KP On Call (1-888-576-6225).

Applying for State Disability Insurance

If you'd like to apply for state disability insurance, please contact:

- Panorama City Medical Center Release of Information Department at 818-375-2208
- Medical Offices 3, Basement, Area 068 at pcroi@kp.org or log on to kp.org, medical information requests

