

Before and After Surgery

INFORMATION



Before SURGERY

Follow these guidelines the day before your surgery to ensure that your operation goes smoothly.

- It is your responsibility to arrange in advance for a responsible adult to drive you home and remain with you the first 24 hours after surgery. You cannot drive yourself or be left alone.
- If no one from the center has contacted you by the day before surgery, please call for more information, Monday through Friday, 8:00 am to 5:00 pm at **681-6550**.
- Notify your physician before coming to the center if there is any change in your physical condition, such as a cold, fever or rash.
- If you wear contact lenses or glasses, bring a case for their safekeeping. We provide containers for removal of dentures and hearing aids.
- The night before your surgery, you may eat a normal meal before 12:00 midnight. Please follow the directions as given to you by the pre-op nurse. You may brush your teeth. **Do not** use mints, chewing gum or cigarettes. Following these instructions will reduce the likelihood of nausea and vomiting after your anesthesia and surgery.
- Please do not take any medication after midnight unless instructed by your physician or our facility. If you are diabetic or on blood pressure or heart medication, obtain specific instructions from your physician or contact the center. We encourage you to bring your current medications with you on the day of surgery.
- Please let us know if you are or might be pregnant.
- If you have been diagnosed with sleep apnea and are currently using a CPAP machine or any breathing device, please bring it with you on the day of surgery as directed.

Day of SURGERY

To help us meet all of your needs, please follow these guidelines:

- Please bathe or shower prior to your surgery to reduce the risk of infection. Remove all makeup. Do not use lotions, oils, perfume or cologne after bathing.
- Wear loose, comfortable clothing such as sweat suits and easy-to-button shirts or blouses. Wear comfortable shoes. If you are having surgery on your legs wear gym shorts.
- Leave all valuables, including jewelry, at home. We cannot be responsible for damaged or lost property.
- Be prepared to sign forms regarding financial responsibility, consent for the procedure and consent for anesthesia. If the patient is under 18, a parent or legal guardian must accompany the patient and sign the forms.
- Only bring cash, check, money order or credit cards as necessary to meet your financial responsibility to the facility. You will need your driver's license and insurance card.
- Please arrive promptly at your scheduled arrival time.
- A nurse will provide you with a patient gown, shoe covers and a place to store your clothing. We will check your temperature, blood pressure and pulse.
- While you are in surgery, your family will be asked to wait in the waiting room. The surgeon will speak with your family immediately following surgery.
- Your family member will be asked to leave a contact number if he or she needs to leave the facility.

After SURGERY

- After your procedure you will spend 30 minutes to one hour, or longer if necessary, in the recovery area. Because length of stay in the recovery room varies, it is important that your ride be available when you are ready for discharge. The person taking you home will be asked to come into the discharge area to be present during your discharge instructions.
- Before you leave the center you will be given written instructions for your care at home.
- The anesthesiologist will discharge you when he/she is assured you are ready to go. However, you may feel sleepy, slightly dizzy or nauseated. These are all possible (and normal) side effects of anesthesia and can last for 12 to 24 hours.
- After you have returned home, be sure to follow your doctor's orders regarding diet, rest, medication and activity. It is not unusual to feel a little sleepy, lightheaded or dizzy for several hours after your surgery.
- If you have any questions or problems after surgery, please contact your physician.
- Do not drive a car, smoke, drink alcoholic beverages or operate machinery for 24 hours after surgery.
- Do not sign any important papers or make any significant decisions for at least 24 hours.



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INFORMATION

Children ARE SPECIAL

At Foothill Surgery Center at Sansum Clinic, we work hard to meet the special needs of children and create a relaxed, comfortable environment. Children can bring a favorite toy or blanket to the surgery center.



We also offer a pre-surgery tour that is especially designed for our pediatric patients. We encourage one or both parents to bring your child to this tour as it helps to lessen anxiety and promote familiarity with our facility. Please call our front desk at **(805) 681-6550** to schedule an appointment.

We encourage parents to discuss the surgery with your child beforehand to help alleviate stress. Parents are also encouraged to stay with your child until surgery begins and may rejoin your child as soon as it is appropriate. Upon release, we recommend that one adult drives home while the other cares for your child.

Questions

We are dedicated to making your stay as pleasant as possible and welcome any comments or suggestions you may have.

If you have a question or concern, please contact us at **(805) 681-6550**. A copy of Patient Rights and Responsibilities is also available at the center.

Scope OF SERVICES

- ENT (Ear, Nose Throat)/Otolaryngology
- Facial Plastics
- General Surgery
- Gynecology
- Ophthalmology
- Orthopedics
- Pain Management
- Podiatry
- Urology

Insurance & Billing

Charges at Foothill Surgery Center at Sansum Clinic consist of two components. We will expect you to pay your copay portion on the day of surgery, this is an estimate based on your insurance plan.

Charges for anesthesia are based on actual time used and are billed by the anesthesiologist. An estimate can be given to you prior to surgery, but additional charges maybe necessary if time used is greater than the estimated time.

Prior to your surgery date, you will be notified of your estimated insurance coverage and amount of copay due.

Due to the number of insurance plans, we suggest that you contact your insurance company if you have a specific question regarding your coverage.

After surgery, we will file your insurance papers for you. Any amounts not covered by your insurance, including copay, will be collected on the day of surgery. We accept Visa, MasterCard, Discover, and American Express.

If the facility or anesthesia costs are more than anticipated, you will be billed for the difference. Any overpayment will be refunded after 30 days from receipt of the insurance payment. The bill will not include the services of your surgeon or any lab fees.

It is your right as a patient to request information or have questions answered regarding fees or payment policies. If you have any questions or problems regarding your bill, please contact us at **(805) 681-6550**. We will be happy to help you between the hours of 8:00 am and 5:00 pm, Monday through Friday.



Thank You!

We appreciate the trust you have placed in our staff. We will make every attempt to honor that trust by providing the high quality medical care you expect and deserve.

Surgery INFORMATION

Name: _____

Arrival Time: _____

Surgery Date: _____

Physician/Surgeon: _____

Physician/Surgeon Phone #: _____

Notes: _____



Hours of Operation

Monday - Friday 6:00 am - 5:00 pm
Closed weekends and holidays.
(805) 681-6550

We do not provide emergency services.



4151 Foothill Road, Santa Barbara, Building A, 2nd Floor
1 (805) 681-6550

Please call us today to schedule an appointment, or go to: www.sansumclinic.org

Sansum Clinic is a 501(c)(3) California Nonprofit Public Benefit Corporation, and is accredited by the Institute for Medical Quality.