



Pre-Operative Surgery Instructions

Thank you for choosing Specialty Surgical Center of Irvine for your outpatient procedure

1-3
days

prior to your
procedure

- A Pre-Operative Nurse from our center will call you to confirm your arrival time and provide final instructions.
- You will also receive a call from our Insurance Department confirming your coverage, benefits and amount due at time of admission. Payment is expected at check-in unless other arrangements are made in advance. We accept cash, check and all major credit cards.

8
hours

prior to
arrival time

Nothing By Mouth

Food: Do not eat anything after midnight (NO gum, mints, candy).

Liquids: You may take a small sip of water when you first get up in the morning to take any necessary prescriptions i.e., blood pressure, heart, Parkinson, seizure, antirejection or steroid medications.

Diabetic Patients: Follow your physicians' instructions regarding the dosage, otherwise check with the Pre-Operative Nurse from Specialty Surgical Center during the pre-op call.

Blood Thinners: Follow your surgeons' instructions regarding; Coumadin, Plavix, Xarelto, Aspirin, Ibuprofen, Fish Oil, NDSAIDS, Aleve, Advil, Supplemental vitamins, and multivitamins.

Transportation

Patients are **REQUIRED** to have a responsible adult (family or friend who is at least 18 years old) to take you home and be with you following your surgery. If you are unable to provide the name and telephone number of a responsible friend or family member to accompany you home and remain with you following surgery, your surgery will be rescheduled. Patients cannot use public transportation services without a friend or family member to accompany them.

see reverse side for additional instructions

Pre-Operative Surgery Instructions (continued)

Personal Hygiene

- Shower and wash the surgical areas the morning of your surgery.
- Do not shave the operative site. We prefer to shave the site with our special clippers.
- You may brush your teeth the morning of your surgery.

Personal Belongings

- Please leave valuables at home. We are not responsible for lost or stolen items.
- Wear loose fitting comfortable clothing and nonslip, well-fitting footwear (No sandals or high heels).
- NO jewelry. Leave all valuables at home: This includes watches, earrings, wristbands, necklaces, body piercings and rings.
- NO Contact lenses: Please make sure to remove your contact lens and wear your glasses.

Orthopedic Cases ONLY

- Knee:** Wear clothing that is wide enough to go over surgical site i.e., athletic shorts.
- Shoulder:** Bring a large, oversized shirt to drape over the shoulder after surgery.
- Equipment:** Please bring any supplies instructed by your doctor i.e., knee brace, sling, surgical shoe or boot. Crutches are not required unless you currently use them. You will be discharged in a wheelchair.

Please Bring the Following Items:

- Valid photo ID
- Insurance Card
- Method of payment
- Completed Pre-Admission Health Questionnaire
- Completed Medication Reconciliation Form to include all prescribed and over the counter multivitamins and herbal supplements you take on a regular basis
- Advance Directive, or Power of Attorney, if you have one



SPECIALTY SURGICAL CENTER
OF IRVINE

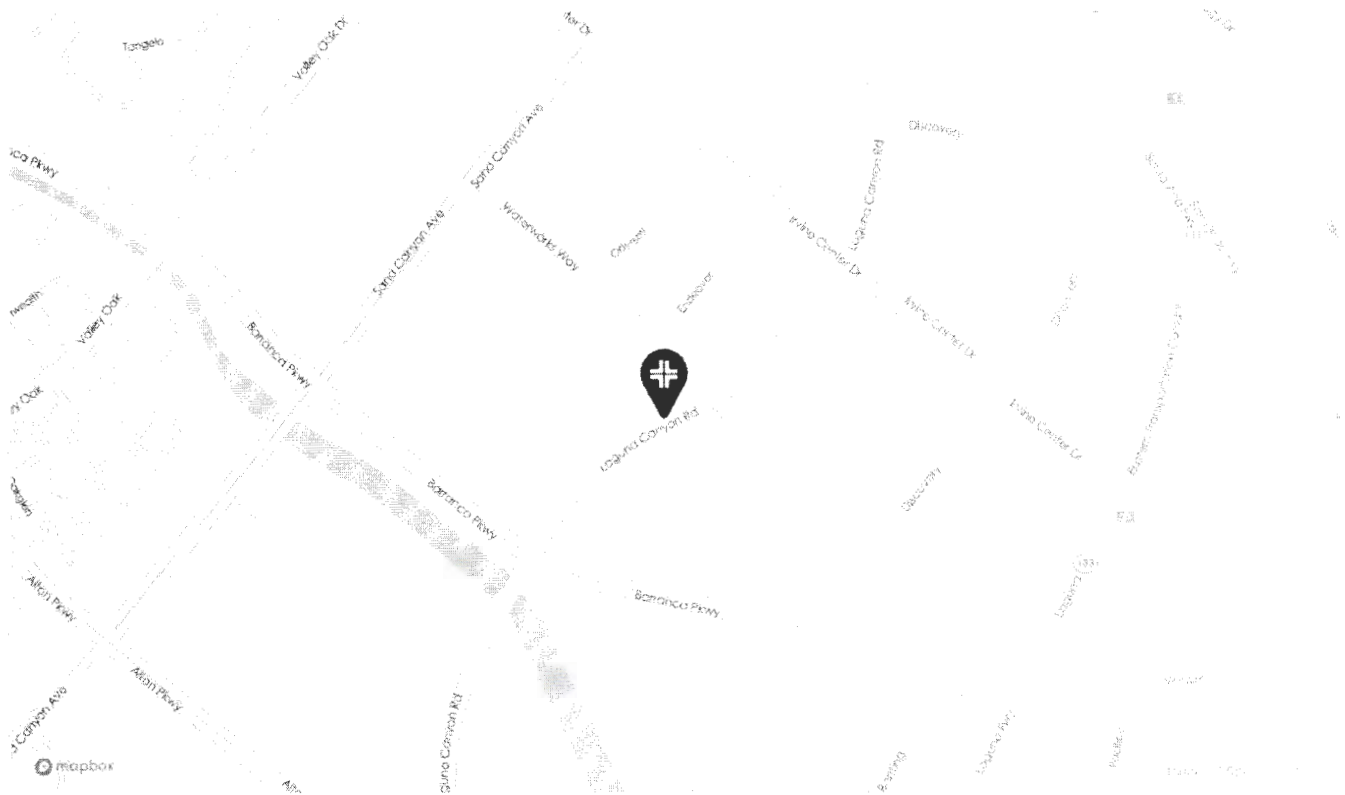
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Driving Directions:

Specialty Surgical Center of Irvine is located on the second floor of the Spectrum Medical Plaza located on the Northwest corner of Laguna Canyon Road and Waterworks Way.

Heading North on the 5 freeway, exit Alton Parkway; turn left onto Alton Parkway, turn right onto Irvine Center Drive and turn left onto Laguna Canyon Road.

Heading South on the 5 freeway, exit Sand Canyon Avenue, turn right onto Sand Canyon Avenue, turn left onto Irvine Center Drive and turn right onto Laguna Canyon Road.

Heading North on the 405 freeway, exit Sand Canyon Avenue, turn right onto Sand Canyon Avenue, turn right onto Barranca Parkway and turn left onto Laguna Canyon Road.

Heading South on the 405 freeway, exit Sand Canyon Avenue, turn left onto Sand Canyon Avenue, turn right onto Waterworks Way and turn right into the Spectrum Medical Plaza parking area (before you get to Laguna Canyon Road).

From Laguna Hills/Laguna Woods (SSC is located 5 miles from the intersection of Moulton Parkway and El Toro Road), take Moulton Parkway North which turns into Irvine Center Drive, drive past the Irvine Spectrum shopping area, continue 1.5 miles (over the 241 toll road) to Laguna Canyon Road, turn left at the signal and drive one block to Waterworks Way. Specialty Surgical Center is located to your right in the Spectrum Medical Plaza.