

# PLANNING FOR SURGERY

## PREOPERATIVE SERVICES

Our preoperative services help prepare you for a safe surgical experience. The purpose of the preoperative visit is to identify important risk factors and to help ensure the best possible outcome. Bring this binder to your preoperative visit. You should expect to be there for about 2 hours. This visit may include:

- Medical history and physical exam
- Lab work, EKG, and x-rays
- Consultation with an anesthesiologist

After you and your surgeon have arranged for a date for surgery, you will be contacted to make arrangements for your visit. Your preoperative visit should take place approximately 2 weeks before your surgery.

## YOUR PREOPERATIVE VISIT WILL TAKE PLACE AT THE:

### Ambulatory Surgery Center

**1 Edmund D. Pellegrino Road**

**Stony Brook, NY 11794**

**Phone: (631) 444-4638**

## DIRECTIONS TO THE AMBULATORY SURGERY CENTER

### From the Long Island Expressway

- Take the Long Island Expressway (I-495) to Exit 62 North, Nicolls Road (CR 97).
- Travel approximately 8 miles. Cross Nesconset Highway (Route 347).
- At the third traffic light, turn right at the sign for “Stony Brook South Entrance, East Campus” (Health Sciences Drive).
- Continue to the first traffic light. Turn left onto Edmund D. Pellegrino Road. Follow signs for patient parking for the Ambulatory Surgery Center. (Parking is free.)

### From Route 25A

- Travel south on Nicolls Road (CR 97).
- At the third traffic light, turn left at the sign for “Stony Brook South Entrance, East Campus” (Health Sciences Drive).
- Continue to the first traffic light. Turn left onto Edmund D. Pellegrino Road. Follow signs for patient parking for the Ambulatory Surgery Center. (Parking is free.)

## PLANNING FOR SURGERY *(Cont.)*

It is important that you **bring the following** with you to your preoperative visit:

- List of current medications, including herbal supplements and vitamins
- List of current physicians and phone numbers
- Insurance information
- Recent cardiology or pulmonary evaluations

### THE NIGHT BEFORE SURGERY

- The evening before your surgery, a staff member will call you to let you know where and when to report for your surgery.
- If your surgery is on a Monday, you will receive a call the Friday before.
- Do not eat or drink anything after midnight.
- **Continue taking aspirin.**
- If you are taking clopidogrel (Plavix®), **ask your surgeon for a stop date.**
- If you are taking warfarin (Coumadin®), **ask your surgeon for a stop date.**  
You may need to be placed on an injectable blood thinner for other underlying clotting conditions \_\_\_\_\_.
- If you are taking a diuretic medication, ask your surgeon if you need to discontinue prior to surgery \_\_\_\_\_.
- **If you are taking insulin or oral diabetic medications,** you need specific instructions regarding your morning dosage on the day of surgery \_\_\_\_\_.
- Other than the medications listed above, continue taking your current medications, including the day of surgery, with small sips of water.
- **Do not** wear makeup, lotion, or nail polish.
- **Do not** shave the area where you are having surgery.
- Remove all piercings and do not wear jewelry.
- Pack a small bag of personal items (e.g., pajamas, robe, toothbrush) for a family member to bring to you when you arrive to your room postoperatively.
- Plan to leave your glasses, dentures, hearing aids, or any other prosthetic devices with a family member when you arrive.

# PLANNING FOR SURGERY

## PREOPERATIVE PREPARATION

**Skin Care:** Take a bath or shower the **night before and the morning of surgery**.

**Do the following:**

1. **Use the chlorhexidine scrub** that was provided at your preoperative visit to scrub your entire body, especially the area you will be having surgery on.
2. Rinse well to remove all of the soap off your body.
3. Dry thoroughly with a clean towel.
4. Put on clean clothes.
5. **DO NOT** use any lotion, cream, or powder.
6. Twenty four (24) hours before the surgery **DO NOT** shave the area where the surgery will be performed.

Inform your physician of the following:

- If you are taking steroids, such as prednisone
- If you have diabetes
- If you have a history of radiation to the surgical area
- If you have had previous surgery in the same area
- If you currently smoke
- If you may have any open wounds or infections
- If you live in a nursing home (or other healthcare setting)

**Outpatient:** Someone from Pre-Surgical Admissions will call you to let you know when and where to report for your surgery. Family members can accompany you to Pre-Surgical Admissions, where you will be prepared for your surgery.

**Inpatient:** If you are already in the Hospital, a staff member will tell you what time your surgery is scheduled. Immediate family members who wish to see you before surgery should arrive 1 to 2 hours before your scheduled surgery time.

There is a waiting room for your family and friends. The Surgical Waiting Room is located on Level 4, and the phone number is (631) 638-2931. Family members should check in with the receptionist in the waiting room, and leave a cell or home phone number so that they can be contacted when information about you becomes available. The surgeon will talk with family members and friends in the waiting area when the surgery is completed.

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## **PARKING**

Parking for visitors is available in the Hospital parking garage for a fee. A monthly pass might be a less costly option for your family when they visit you depending on your length of stay in the hospital. Good for 30 days, the monthly pass can be purchased at the Parking Garage Office. The telephone number for the Parking Garage Office is (631) 444-6608.

Valet parking is also available for a fee at the main entrance of the Hospital and at the surgical drop-off area during the following hours:

7:00 am to 9:00 pm, Monday through Friday

9:00 am to 9:00 pm, Saturday and Sunday

The valet parking fee is paid when dropping off your vehicle.

## **DIRECTIONS TO PRE-SURGICAL ADMISSIONS**

### **From the Long Island Expressway**

- Take the Long Island Expressway (I-495) to Exit 62 North, Nicolls Road (CR 97).
- Travel approximately 8 miles, crossing Nesconset Highway (Route 347).
- At the third traffic light, turn right at the sign for “Stony Brook South Entrance, East Campus,” (Health Sciences Drive).
- Turn left at the second traffic light.
- If you are being dropped off or wish to use Valet Parking, you can go to the “Surgical Drop-off Area,” which is located immediately on the right.
- Otherwise, continue to go straight to enter the Hospital parking garage.
- When you walk into the main entrance of the Hospital, please stay to the right. Go down the escalators to Level 4, and Pre-Surgical Admissions will be on the left.

### **From 25A**

- Travel south on Nicolls Road (CR 97).
- At the third traffic light, turn left at the sign for “Stony Brook South Entrance, East Campus,” (Health Sciences Drive).
- Turn left at the second traffic light.
- If you are being dropped off or wish to use Valet Parking, you can go to the “Surgical Drop-off Area,” which is located immediately on the right.
- Otherwise, continue to go straight to enter the Hospital parking garage.
- When you walk into the main entrance of the Hospital, please stay to the right. Go down the escalators to Level 4, and Pre-Surgical Admissions will be on the left.