

WELCOME TO: Placentia-Linda HOSPITALSM

1301 N. Rose Drive
Placentia, CA 92870
www.placentialinda.com



We want your visit to the [Surgical Pavilion at Placentia-Linda Hospital](#) to be a good experience. At **Placentia-Linda Hospital**, we emphasize quality and customer service, both of which are important factors in your successful recuperation. To help you adjust quickly and comfortably to having surgery, we have compiled this guide of “helpful hints.”

Our nurses, case managers and surgeons will be discussing your goals and plans with you for your surgery and follow up. Please don't hesitate to ask any questions. We are here to help you.

Placentia-Linda Hospital aims to provide the best possible care to every patient who comes through our doors, with a clear focus on quality and service. We are “Committed to Excellence!”

If you have any questions, you can call [\(714\) 961-5924](tel:7149615924). The office is staffed [Monday through Friday 8:00 a.m. to 5:00 p.m.](#)

Sincerely,
Your Surgical Team at Placentia-Linda Hospital

YOUR GUIDE TO SURGERY

ON THE DAY OF YOUR SURGERY, YOU WILL ENTER THROUGH THE SURGICAL PAVILION ENTRANCE OF THE HOSPITAL.

Your surgery has been scheduled for **(date)**: _____

Time: _____

Please arrive by _____ a.m./p.m. and report to the Registration area in the Surgical Pavilion.

Do not eat or drink anything after _____ a.m./p.m. before your surgery.

*This includes gum, mints, ice chips, water or hard candy.

Please bring your completed Anesthesia questionnaire *(included with this packet)*.

MEDICATION

Stop Coumadin, as recommended by your physician, stop Aspirin at least 3 days before.

Stop Plavix 5 to 7 days before on: _____.

Avoid Aspirin, non-steroidal anti-inflammatory drugs (i.e. Motrin, Ibuprofen), herbal medicines, and Vitamin E for **ONE (1) WEEK** before your procedure. If needed, you may take Tylenol.

Take the following medicines with a sip of water the morning of surgery:

SPECIAL PREPARATIONS

Make an appointment with your surgeon **ONE (1) WEEK** before your surgery for your History & Physical (H&P) examination and any required testing.

Review post-procedure instructions (i.e. when patient can return to work; follow-up, etc.)

YOUR GUIDE TO SURGERY

THE WEEK BEFORE SURGERY

- Arrange to have any laboratory tests, X-rays or other tests requested by your physician performed 24 to 48 hours prior to your scheduled surgery time.
- Please bring the physician's order to the pre-op testing appointment.
- Registration** - To help make your visit as efficient as possible, we recommend that you either pre-register on our web site at www.placentialinda.com; call our Admitting Department at **(714) 524-4872**; or complete our Pre-Registration form (which you may obtain from your physician). To pre-register on-line, please go to www.placentialinda.com and click on "Pre-Registration" on the home page.
 1. Please bring your identification card, insurance card(s) and physician orders with you. Placentia-Linda Hospital accepts most insurance plans.
 2. If you have a Durable Power of Attorney and/or Advance Directive, please bring a current copy to the hospital. If the patient is a minor or child, a parent or legal guardian must accompany the patient and have documentation of that fact (if not the parent).
 3. If you have any questions regarding your hospital billing or payment arrangements, you may contact one of our financial counselors at (714) 524-4260.
- If your primary care physician is performing your pre-operative History & Physical (H&P) examination and testing before your surgery, please have him/her fax the results (the bullet items listed below) to the hospital at **(714) 524-4204** and **also to your surgeon's office.**

<input type="checkbox"/> Laboratory	<input type="checkbox"/> EKG history
<input type="checkbox"/> History & Physical (H&P)	<input type="checkbox"/> X-Rays , Mammogram(s), Ultrasound(s), MRIs
<input type="checkbox"/> Other pertinent results	

If you are having outpatient surgery (home the same day surgery), we require that someone drive you home after surgery. Also, you must have a responsible adult at home to assist you for the first twenty-four (24) hours after you leave the hospital.

Please arrange this **BEFORE ARRIVING** to the hospital. You will not be permitted to drive yourself home after surgery.

1. If you are unable to arrange your own transportation, please call our Admitting Department at (714) 524-4872 – **48 hours prior to surgery** to arrange local transportation.

THE DAY BEFORE SURGERY

- Report any symptoms of potential illness such as: a cold, fever, cough, sore throat, vomiting, diarrhea, etc. to your surgeon immediately. Please do not come to the Hospital for surgery if you are ill without contacting your physician first.**
- Please note that surgery may be cancelled if eating and drinking instructions are not followed exactly. No solid food or liquids (including water, gum or mints) **8 hours** prior to your scheduled surgery time unless otherwise instructed by your surgeon.
- Sleepwear is not needed. You will be given a hospital gown to wear during your surgery and post-surgical recovery.
- ACTIVITIES TO STOP:** If you smoke, we ask that you stop smoking twenty-four (24) hours before surgery. We also ask that you do not use illicit drugs twenty-four (24) hours before surgery and do not drink any alcoholic beverages twelve (12) hours before surgery. If your surgeon has different instructions, please follow them.
- DIET:** Your meals should be light and ideally low in fat the day before your surgery. A light meal typically consists of toast and clear liquids. Meals that are fried, fatty or include meat, may prolong the stomach emptying time. Both the amount and type of foods must be considered when determining an appropriate fasting period. If you have specific questions, please call your surgeon.

THE DAY OF YOUR SURGERY

Personal Preparation:

1. **Do** shower just before arriving at the hospital. This may help reduce the chance of infection.
2. **Don't** wear make-up, perfume/cologne or hairspray.
3. **Do** wear comfortable shoes and clothes that are easy to put on.
4. **Don't** wear contact lenses. You will be asked to remove them.
5. **Don't** wear jewelry of any kind. If you do, you will be required to remove it.
6. If you have dentures, you may wear them the day of surgery.

What to bring:

1. Your room is equipped with cable TV. You may also wish to bring a book or magazine.
2. Bring glasses if you use corrective lenses. Contact lenses may not be worn during or after surgery and should be left at home.
3. **Do not bring jewelry, cell phones, computers or other valuables to the hospital. Do not leave valuables in your hospital room. Placentia-Linda Hospital cannot be held responsible for loss or damage to your personal property if you choose not to comply with these recommendations. We do have a valuables safe available if you should need it.**

YOUR GUIDE TO SURGERY

THE DAY OF YOUR SURGERY (CONTINUED)

Arrival:

1. It is important that you arrive at the hospital at least **2-1/2 to 3** hours before your scheduled surgery time.

- You will check-in at the Reception Desk in the Surgical Pavilion and wait for your name to be called.
- From that point, you will be escorted to the next area. If your physician has not indicated an exact time for your procedure, please call our **Outpatient Surgery Department** at **(714) 524-4806** for assistance.

2. A signed consent is required for surgery. If you are having a sterilization procedure, please also bring your sterilization consent.

3. Please bring your completed Anesthesia questionnaire (*included with this packet*).

Family member(s) and friends are welcome to stay with you up to the time you go to the operating room. Once you are taken to surgery, families and friends are asked to wait in the Surgical Pavilion for the physician to come out.

Family members or friends may check with the Operator for patient status until your surgery is complete. Your surgeon will inform them when the procedure has been completed.

If the patient is a minor, a legal guardian **MUST** plan to stay until the patient is discharged from the Hospital.

NOTES

GETTING READY TO GO INTO THE OPERATING ROOM

- You will be asked to remove your clothing and put on a hospital gown. A nurse will take your vital signs and complete any other orders necessary for your surgery.
- An IV will be started. This will allow your nurses and doctors to give you medicine and fluids. The anesthesia staff may also need to perform additional procedures for monitoring or pain management.
- You will speak to the anesthesiologist and operating room nurse to answer your questions and explain your procedure.
- Our primary concern is preparing you for a safe procedure. Quality time with your family and/or friends is best spent the night before as visitation time may be limited on the morning of surgery.

IN THE OPERATING ROOM

- The anesthesia team will give you medicine that will make you feel relaxed and drowsy. Depending on the procedure and your medical history, you will either receive medicine to put you completely to sleep (general anesthesia), a nerve block or spinal procedure (regional anesthesia), or medicines that will keep you drowsy and pain-free.
- A special soap will be used to clean the surgical area and can be washed off after surgery.
- Your family and/or friends will wait in the Lobby area while you are in surgery.
- After your procedure is completed, you will be taken to the Post Anesthesia Care Unit (recovery room), where you will remain until recovered from anesthesia (average recovery time is 1 hour).
- Once in recovery, your surgeon will inform your family and/or friends of the outcome of your surgery.

POST ANESTHESIA CARE UNIT (RECOVERY ROOM)

- A recovery room nurse will take care of you while you recover from anesthesia and will monitor your vital signs and provide any pain management relief, if needed.
- If you are having pain, please tell your nurses immediately so they can administer medication.
- Visitors are not allowed in the recovery room during your recovery time.
- If you are staying overnight in the hospital, you will be transferred to the appropriate unit after recovering from anesthesia. They may meet you there about an hour after your surgery is completed.

If you are going home the same day, you will return to your outpatient surgery room, where you can see your family and/or friends. At this time, you are generally awake, and you may start drinking small amounts of fluid and you can go to the restroom with assistance. When you are ready to leave, we will provide you with more instructions as well as wheelchair transportation to the Lobby. **You will not be permitted to drive yourself home after surgery.**

YOUR GUIDE TO SURGERY

DISCHARGE INSTRUCTIONS

- We will provide you with written discharge instructions that will explain your at-home care and explain any medication(s).

Before you leave the Hospital, we want to provide you with the information you need to answer “YES” to both of these questions.

1. Has someone spoken with you about whether you will have the help you need when you get home from the Hospital?
2. Do you have written information on symptoms or side effects of medications after you leave the Hospital?

If you cannot answer “YES” to both questions, please let one of our team members know before you leave.

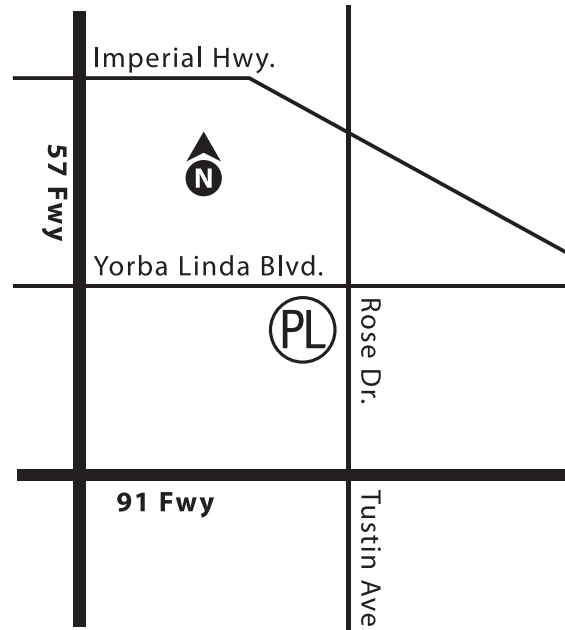
OUR COMMITMENT TO SERVICE EXCELLENCE

The Service Team at Placentia-Linda is continually striving to perfect our customer service excellence. After you leave the hospital, you may receive a telephone call from an outside organization asking how your stay was. If for any reason you feel you are not receiving excellent care, please let us know right away while you’re here so we can improve our service. Your feedback is important to us. We will do everything possible to make sure we exceed your expectations!

With our “Ask me, I have time” attitude and quality care, we are committed to always making your stay at Placentia-Linda Hospital as comfortable as possible.

After discharge, you can also contact us at **(714) 993-2000** or visit our web site at www.placentialinda.com and click on “Contact Us”.

NOTES



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(714) 993-2000 - MAIN PHONE NUMBER

OUR SERVICES:

- 24-Hour Emergency Services & Work-Related Injuries
- Orthopedic Specialty / Joint Replacement Services
- G.I. Center
- Surgical Pavilion with General Surgery / Minimally Invasive Surgery
- Bariatrics
- Spine Center
- Gynecology
- Cardio Pulmonary Stress Testing
- Respiratory Therapy
- Outpatient Physical Therapy
- Premier Outpatient Imaging Center with CT scan, Open High Field MRI, Digital Mammography, Digital Ultrasound, Digital X-ray and Bone Densitometry
- Laboratory Services
- FREE Premier Advantage for Seniors Outreach Program
- Community Education and Preventative Screenings