



UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY
 DAVID GEFKEN SCHOOL OF MEDICINE AT UCLA
 CENTER FOR HEALTH SCIENCES
 DAVID R. McALLISTER, MD
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David R. McAllister, M.D. Outpatient Surgery Instruction Sheet

PATIENT: *First Last Name*

DATE OF SURGERY: *Day, Month 00, 2008 (I will call you closer to the date of surgery with the time).*

PLACE OF SURGERY: *200 UCLA Medical Plaza, 6th floor, Suite 660*

DAY BEFORE SURGERY: *Please call (310) 794-1086 between 2 – 5 p.m. to obtain additional PRE-OP instructions and for confirmation of your surgery arrival time.*

PLEASE MAKE NOTE OF THE FOLLOW APPOINTMENT TIMES, DATES AND LOCATIONS:

1. **PRE-OP APPOINTMENT:** *Appointment date, time and place and whom with, i.e. anesthesia clinic, H&P, etc.*
2. **POST-OP APPOINTMENT:** *You will be given a post-op date on the day of surgery. Please call our office to schedule at (310) 206-5250.*
3. **PHYSICAL THERAPY:** *Dr. McAllister will inform you if and when to begin physical therapy.*
4. **OTHER:** *CHECK IN ON THE 6TH FLOOR RECEPTION DESK.*

WELCOME...

To the UCLA Medical Center. The Surgery Center is designed to provide you with safe, quality outpatient surgery, incorporating the care and commitment of our dedicated team of professionals, advanced surgical techniques and the latest equipment. To help us provide you with the best care, you can make certain preparations at home before your surgery. The following checklist outlines these steps:

AT HOME PREPARATIONS

- Please follow your doctor's instructions regarding diet and medication prior to surgery. **DO NOT TAKE ASPIRIN OR CONVENTIONAL ANTI-INFLAMMATORY MEDICATIONS (Advil, Ibuprofen, etc.) DURING THE WEEK BEFORE SURGERY** unless your doctor instructs otherwise.
- **If you smoke, STOP SMOKING at least one week before surgery.** Smoking increases the amount of mucus in your lungs, placing you at greater risk of developing postoperative lung complications.
- Arrange to have an adult drive you to the Ambulatory Care Unit and take you home when you are discharged. Anesthesia or sedation may temporarily impair your judgment, perception and dexterity.
- It is natural to feel anxious about your surgery. Your doctor and our staff welcome your questions and concerns. Discussing your operation with family members or a close friend may also reduce your anxieties.



- Arrange to have someone pick you up after surgery as you will not be able to drive yourself.

Please note: If you are instructed to begin physical therapy it is important to set up appointments prior to surgery in order to get the therapy performed in a timely manner. If you have any questions on how to set up these appointments, please call Dr. McAllister's office.

THE DAY BEFORE YOUR SURGERY

- You must **NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** (not even water, coffee, tea or candy) before your surgery or for the length of time specified by your doctor. Your stomach must be empty as a precaution against vomiting or other complications during your operation.
- **Remember to call the surgery center at (310) 794-1086 the day before surgery between the hours of 2 – 5 p.m.** The Ambulatory Care Unit registered nurse will conduct a pre-op phone interview. At this time, the nurse can address your questions or concerns, and review instructions previously discussed with you.

THE DAY OF YOUR SURGERY

- Wear casual clothes that you can fold and store in a locker. Do not wear jewelry, make-up, fingernail polish, hairpieces or hairpins. Bring a case for your glasses or contact lenses
- Leave your valuables (jewelry, large amounts of cash, credit cards) at home.
- Please arrive on time and register at the Surgery Center Reception Desk.
- If you have difficulty understanding English, consider bringing an interpreter with you.
- You will be asked to arrive 1 to 2 hours prior to your surgery. This is to ensure ample time for registration and/or admission. In addition, your procedure may also start earlier than expected if last minute cancellations are made. Unfortunately, sometimes delays occur due to unforeseen circumstances. Please be patient if this occurs.

THE DAY AFTER YOUR SURGERY

- The UCLA Surgery Center registered nurse will phone you the day after your surgery to check on your recovery at home and address any questions or concerns you may have to him/her.

If you have any further questions or concerns, please call:

Dr. McAllister's office: (310) 206-5250

**UCLA Surgery Center: (310) 794-1106
9 a.m. and 6 p.m. Monday through Friday**