

# Preparing for Your Surgery

## Welcome to the UCLA Health Outpatient Surgery Center in Westwood

Thank you for choosing the UCLA Health Outpatient Surgery Center in Westwood for your upcoming surgery or procedure. Please review and follow these important guidelines along with your physician's instructions. Your surgery may be postponed if these instructions are not followed.

### Our Location

The UCLA Health Outpatient Surgery Center in Westwood is located in the Peter Morton Medical Building, 200 UCLA Medical Plaza, Suite 660 (6th Floor).

Phone: **310-794-1085**

### Pre-Admission Telephone Confirmation

Your doctor's office will provide a preliminary surgery time. One business day before your procedure — usually after 3 pm — a registered nurse will call to confirm your **surgery time** and review important details.

- Your confirmed surgery time may differ from the preliminary time due to schedule changes. Avoid planning activities on or around your surgery day.
- The nurse will review when to stop eating and drinking and ask about your medical history and medications.
- If you haven't received a call by **5 pm the day before surgery**, please call **310-794-1085**.
- Monday surgeries are confirmed the preceding Friday.
- Notify the nurse if you have or recently had a **cold, fever, respiratory infection or any infection or injury** that could affect surgery.
- Let us know if you'll need **wheelchair assistance** or **interpreter services** (available free of charge).

### Preparing for Your Surgery

Follow your surgeon's directions in addition to these general guidelines:

- Stop taking **aspirin, ibuprofen, or related products** (Advil, Motrin, and so on) two weeks before surgery unless directed otherwise. These increase bleeding risk. Ask your doctor about alternatives like acetaminophen (Tylenol).
- Complete all **required tests** in advance so results can be reviewed before surgery.

- Bring **medical records**, including imaging (CT, MRI, X-rays), labs and EKGs.
- Arrange for a family member or friend to drive you home. Public transportation, taxis or rideshares are not permitted. Your surgery will be canceled without an escort.
- If staying overnight, you'll be discharged by **7 am the next day**.

## Eating and Drinking Before Surgery

Follow your surgeon's instructions. Eating or drinking too close to surgery may cause serious complications.

**NOTE:** Solid food includes anything that may contain fat, including dairy products, all milk varieties, smoothies, coconut water and so on.

### Adults and Adolescents (ages 12 and up)

- No solids or liquids after 11 pm the night before surgery
- No gum, candy, mints, smoking or alcohol after you stop eating solid food
- **Water** allowed until **6 hours before arrival time**

### Infants and Children

All times to stop solids or liquids refer to hours prior to the scheduled surgery time.

- **Under 6 months:** Breast milk/formula until 4 hours prior; clear liquids (water, apple juice or Pedialyte) until 2 hours prior
- **6 months – 3 years:** Solids until 8 hours prior; breast milk/formula until 6 hours prior; clear liquids (water, apple juice or Pedialyte) until 2 hours prior
- **3 years – 11 years:** Solids until 8 hours prior; clear liquids (water, apple juice or Pedialyte) until 2 hours prior

## Medications and Supplements

Bring your completed **Medication History Form** to your surgery.

- Stop **aspirin, ibuprofen, herbal supplements and fish oil** two weeks before surgery unless directed otherwise.
- Continue prescribed medications unless told to stop; take with only a small sip of water and **no later than two hours before arrival**.

## Day of Surgery

Arrive on time to allow adequate preparation. Call **310-794-1085** or **310-794-1106** if you anticipate a delay.

Your surgery may be canceled if you:

- Eat or drink after your cutoff time.
- Arrive late.
- Have no escort home.
- Have a cold, fever or other condition that makes your surgery unsafe.

## Parking

Parking is available at 200 UCLA Medical Plaza for a fee. The Surgery Center does **not** validate parking.

## Check-In

Take the elevator to the 6th floor, Suite 660. You may be asked to complete additional paperwork and address any remaining financial matters.

## Personal Items and Valuables

Bring only essentials: ID, phone, insurance cards and minimal cash or one credit card.

- Bring necessary aids (glasses, dentures, hearing aids, and so on).
- Remove **all jewelry** before surgery.
- Wear **loose, comfortable clothing** and **no makeup or nail polish**, which can interfere with monitoring equipment.

## Preoperative Assessment

In the Pretreatment Unit, you'll change into a gown and meet with:

- A **nurse** for health screening
- An **anesthesiologist** to discuss anesthesia
- Your **surgeon or nurse** to review surgical details

You'll sign consent forms before going into surgery.

*Minors must have a parent or legal guardian present with proper documentation.*

## Family and Friends

Only **one adult** may accompany you in the preoperative area (two for minors). During surgery, family and friends may wait in the reception area or Family Waiting Room.

## Postoperative Care

After surgery, you'll recover in the **Post Anesthesia Care Unit (PACU)** where you'll be closely monitored.

- Your surgeon or nurse will update family and coordinate visiting.
- Only **one visitor** can visit with you at a time.
- Children are discouraged from visiting.
- Overnight patients will remain monitored; visitors are not permitted after **8 pm**.
- The length of stay in the PACU will depend on many factors, including pain control, comfort and instructions from your surgeon.

## Discharge Instructions

Before leaving, your nurse will review written instructions on wound care, mobility and recovery.

- Ask any questions before discharge.
- Pick up prescribed medications at the **4th Floor Pharmacy (Suite 426)** or your preferred pharmacy.
- You may leave once cleared by your surgical team and accompanied by the family member or friend driving you home.

## Follow-Up

If you experience **fever, chills, severe nausea, vomiting, bleeding or pain**, call the **Ronald Reagan UCLA Medical Center operator** at **310-825-6301** (choose option 1) to reach your surgeon or the on-call resident.

In an emergency, call **911** or go to the nearest emergency room.

A nurse will call the next business day to check on your recovery.

## Contact Information

**UCLA Health Outpatient Surgery Center in Westwood**

200 UCLA Medical Plaza, Suite 660

Los Angeles, CA 90095

Phone: **310-794-1085** or **310-794-1106**