

Preparing for Surgery and Major Procedures

The Derfner Foundation Ambulatory Surgery Center



The Weeks Before Your Procedure

Pre-Procedure Testing and Other Required Appointments

Your surgeon might ask you to visit one of our Pre-Procedure Testing Centers or your Primary Care Physician (PCP) to prepare for your procedure. If you were referred to a Pre-Procedure Testing Center, you may meet with an anesthesiologist, or another doctor or care team member. This team may perform basic tests, such as blood tests or an electrocardiogram. You may also be asked to visit additional doctors if you need further preparation for your procedure (for example, they may ask you to see a cardiologist).

When you see any doctor in preparation for your procedure, please bring:

- A list of all your medications (including dietary supplements and herbal remedies)
- A list of any allergies you may have (for example, to medications, foods, and or substances like latex or X-ray contrast dyes)
- Results of heart, lung, sleep study, or other important tests (if you have them)
- The names and telephone numbers of your doctors (and email addresses, if available)

Medications

One of your doctors may give you special instructions about taking your medications prior to your procedure. For example, you may get special directions if you take medications that prevent blood clotting (sometimes called blood thinners). These include:

- Coumadin/warfarin
- Plavix/clopidogrel
- Eliquis/apixaban
- Xarelto/rivoroxiban
- Aspirin
- NSAIDs/Motrin/ibuprofen
- Some herbal supplements
- GLP-1 Receptor Agonists (ex: exanetide, lixisenatide, semaglutide (Ozempic, Wegovy), liraglutide, tirzepatide (Mounjaro), dulaglutide)
- SGLT-2 Inhibitors (ex: empagliflozin, dapagliflozin, canagliflozin, ertugliflozin, bexagliflozin)

Other medications may need to be adjusted, as well. Please be sure to provide a complete list of all your medications to your PCP or the Pre-Testing Center team so that they can safely prepare you for your procedure.

About 1 week prior to your scheduled surgery, you will have a pre-admission phone call with one of our registered nurses. This call will include:

- A discussion of your medical, surgical, and anesthesia history
- Review of your current medications and any allergies
- Infection and anesthesia screening questions

You will need to sign admission papers and consent forms for surgery and anesthesia. Bring these items to make it easier:

- Insurance card
- Prescription card
- Government issued identification card
- Credit/Debit Card

COVID-19 Related Preparations

We want to perform your procedure under the safest possible circumstances, to give you the best chance for a healthy recovery. It is possible to have COVID-19 without experiencing any symptoms. Your doctor will talk to you about whether you need to be tested for COVID-19 before your procedure. Our staff will also screen you for COVID-19 symptoms the day before your procedure via phone and when you arrive for the procedure. Please be aware that screening requirements change periodically.

Within 14 days of your surgery, inform your doctor immediately if you:

- Have any contact with someone who has or may have COVID-19, or with a person who has symptoms of COVID-19
- Develop any symptoms of COVID-19, or get a positive test result for COVID-19. Symptoms include: cough, fever (>100F), shortness of breath, body aches, chills, general fatigue, new loss of sense of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

What to Expect on the Day of Surgery

At home on the day of surgery:

- Follow instructions about not eating or drinking. You may be told not to eat or drink after the midnight before your surgery. Sometimes you can drink clear liquids up until 2 hours before your operation.
- If your doctor told you to take any medicine on the day of surgery, take it with a small sip of water.
- Brush your teeth or rinse your mouth but spit out all of the water.
- Take a shower or bath. Your surgeon may give you a special medicated soap to use. Look for instructions for how to use this soap.
- Do not use any deodorant, powder, lotion, perfume, aftershave, or makeup.
- Wear loose, comfortable clothing and flat shoes.
- Take off jewelry. Remove body piercings.
- Do not wear contact lenses. If you wear glasses, bring a case for them.
- Bring any special medical equipment that you use (e.g., hearing aids, walker, cane).

The Day of Your Surgery:

Plan to arrive at the Ambulatory Surgery Center (ASC) at the scheduled time provided. You will need to arrive at least 1 hour before surgery for registration and check-in.

The staff will prepare you for surgery. They will:

- Ask you to change into a gown, cap, and non-slip socks
- Put an ID bracelet around your wrist
- Ask you to state your name and birthday
- Ask you to confirm the location and type of surgery. The surgery site will be marked with a special marker, if applicable.
- Put an IV (intravenous) line in.
- Check your blood pressure, heart rate, and breathing rate.
- Request interpreting services if needed

What to Expect After Surgery

You will go to the recovery room after surgery. How long you stay there depends on the surgery you had, your anesthesia, and how fast you wake up. You will be discharged home after:

- You can drink water, juice, or soda and eat something like soda or graham crackers
- You have received instructions for a follow-up appointment with your doctor, any new prescription medicines you need to take, and what activities you can or cannot do when you get home.

What to Expect Going Home

You should expect to:

- Arrange for an escort to accompany you home when you leave the ASC and stay with you for the first 24 hours after surgery; this is required. An escort is an adult who is at least 18 years old and can safely take you home from the ASC and who can call for assistance if you need additional help. If you do not have an escort to take you home after surgery, you may be asked to reschedule your surgery. You cannot drive yourself home after surgery.
- Limit your activity to inside the house for at least 24 hours after your surgery
- Not drive for at least 24 hours after your surgery. If you are taking medicines, talk to your surgeon about when you can drive.
- Take your medicines as prescribed.
- Follow instructions from your surgeon about your activities.
- Follow instructions on wound care and bathing or showering.

Visitor Policy

Visiting The Derfner Foundation Ambulatory Surgery Center

Mount Sinai Health System, including the ASC, welcomes visitors; however, our visitor policy will be limited to ensure safety within the practice. We thank you for your cooperation and understanding.

- Each patient is allowed one visitor/escort/support person.
- Pediatric patients may be accompanied by two adult caregivers.
- Visitors are encouraged to wear a face mask at all times during their visit. A surgical mask will be provided if needed.
- Visitors who have symptoms of COVID-19 or another contagious illness, has been diagnosed with COVID-19 in the previous 10 days, or has been in close contact with someone diagnosed with COVID-19 over the past 10 days will not be allowed in the ASC.
- Visitors are not allowed during procedures or in the recovery room.

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