Preparing for Your Surgery

Outpatient Surgery Service
Monday through Friday
6 a.m. to 7 p.m.
(650) 852-3396

After Surgery
You may go to the PACU (post-anesthesia care unit), OSS (Outpatient Surgical Services: 3A) or directly to the ICU depending on what type of anesthesia and surgery was performed.

One family member may be allowed to visit for brief periods after surgery.

At the Palo Alto VA, we aim to keep our patients and their families well informed throughout the surgical process. Should questions arise at any time, please do not hesitate to let us know. We wish to provide you with the information you need in a timely manner.

For Families…
You may wait with your loved one prior to surgery – one adult at a time.

During surgery, please remain in the waiting room. The waiting room is staffed by a volunteer during daytime hours. He/she may provide updates on the status of your family member or friend.

After hours, you may check at the OR front desk or leave your information with the OR team.

Delays and Cancellations
Keeping to the scheduled surgery time is very important to us; however, due to the complex nature of surgery, there are delays and even cancellations on occasion. We strive to keep you and your family informed at all times. We thank you in advance for your patience and understanding if you experience any delays.

Preoperative Instructions
Patient Name:

Surgery Date:

Take only these medications the morning of surgery:

Do not eat or drink after midnight – except the medications above, or when otherwise advised.

For more information, please visit our website:
www.paloalto.va.gov/anesthesiology

3801 Miranda Ave • Palo Alto, CA 94304
(650) 493-5000 • www.paloalto.va.gov

VA PAHCS
Veterans Affairs Palo Alto Health Care System

VA U.S. Department of Veterans Affairs
Important Preparations

Follow the instructions of your surgeons and the preoperative clinic regarding your medications.

- Some medications may interfere with your care and must be stopped.
- If you develop a cold or change in your condition prior to surgery, please phone (650) 852-3396.
- Do not use herbal medications or street drugs before your scheduled surgery date.
- Same day procedure/surgery must have a responsible adult driver physically present upon check in and check out. **SURGERY WILL BE CANCELLED** if you do not have a driver – you may not take a bus or cab without another responsible adult.
- We will call you one business day before your scheduled surgery date to confirm the time that you will need to check in. Check-in is **TWO HOURS** before the scheduled surgery time.
- Please leave your pets/service animal at home or make arrangements for someone to take care of them while you are in the hospital.
- A bundle with three packets of special Sage cleaning wipes will be given during your pre-op visit. You will receive instructions on how to use these wipes.

Day Before Surgery

- **Do NOT** eat, chew, or drink anything (including gum, candy, water) after twelve midnight on the day of your surgery. For your safety, surgery will be delayed or canceled if you eat or drink anything after midnight.
- Use Sage wipes as per instructions on the **NIGHT BEFORE** surgery.
- If you will be staying at the Defenders Lodge or Fisher House, please bring all of your regular medications for the day before surgery as well as any medications you are instructed to take the morning of surgery.
- Call the Defenders Lodge and Fisher House at least one day prior to confirm your reservations. Call the Defender's Lodge at (650) 493-5000, ext. 61333 or the Fisher House at (650) 435-5000, ext. 69914.
- If you have sleep apnea, please bring your own CPAP/BiPAP machine at check-in.

Special Notes

Day of Surgery

- If you are the first surgery of the day, pink signs on the 3rd floor will direct you to the check-in area next to the operating room. Check-in time is 6:15 a.m.
- If you are expected to be discharged the same day of surgery, a responsible adult driver MUST accompany you when you check in and check out.
- Take only the medications listed on the back of this pamphlet with a sip of water on the morning of surgery.
- If you have sleep apnea, please bring your own CPAP/BiPAP machine at check-in.
- Shower/bathe and brush your teeth before you arrive. Do not use special lotions or creams.
- Leave all valuables at home or with your family/friend including rings and other jewelry, wallet, etc. Be prepared to remove dentures, hearing aids, and/or contact lenses. The VA is not responsible for lost or stolen items.