

## How to find us

**Peninsula Medical Center**  
 1501 Trousdale Drive  
 Burlingame, CA 94010  
 (650) 696 5400

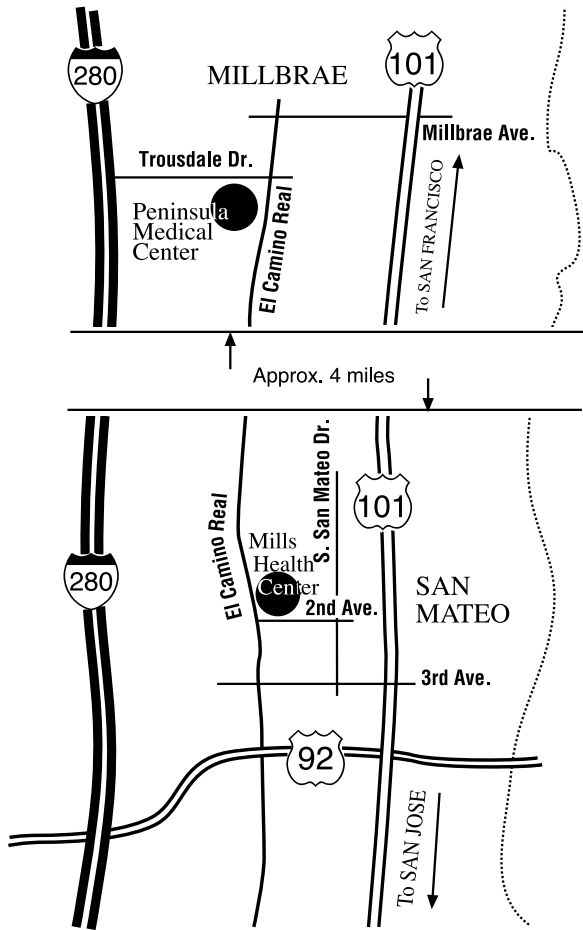
From Hwy. 101 take Millbrae Ave. exit west to El Camino Real. Turn left. The Medical Center entrance is 1/4 mile further on the right.

Surgery Center .....696 5594  
 Pre-Admission Testing R.N.....696 5754  
 Surgery Scheduling .....696 5591  
 (pre-surgery appointment scheduling)  
 Discharge Planner .....696 5964

**Mills Health Center**  
 100 S. San Mateo Drive  
 San Mateo, CA 94401

Surgery Center .....696 4592  
 Pre-Admission Testing R.N.....696 4563  
 Surgery Scheduling .....696 4586  
 (pre-surgery appointment scheduling)  
 Discharge Planner .....696 4592

[www.mills-peninsula.org](http://www.mills-peninsula.org)



# Mills-Peninsula Surgery Center

Peninsula Medical Center  
 1501 Trousdale Drive, Burlingame, CA 94010  
[www.mills-peninsula.org](http://www.mills-peninsula.org)

Patient's name: \_\_\_\_\_

Your pre-surgery appointment is scheduled for:

\_\_\_\_\_ at \_\_\_\_\_

Your surgery is scheduled for:

\_\_\_\_\_ at \_\_\_\_\_

Please report to the Surgery Center on the 1st Floor

by: \_\_\_\_\_ on \_\_\_\_\_

**Please call to schedule an appointment with your primary physician for a complete history and physical exam.** In order for your surgery to proceed as planned, this appointment must take place within 30 days of your scheduled surgery and before your pre-surgery appointment.

## Pre-surgery appointment

Schedule a pre-surgery appointment by calling Medical Center Surgery Registration: (650) 696 5373. (Surgery Registration is located left of the main entrance.)

At your appointment, you will be evaluated by a pre-surgery nurse and asked to fill out an anesthesia assessment form. You also will have any necessary laboratory and/or diagnostic tests.

If you have not heard from the admitting coordinator about a pre-surgery appointment at least three days before surgery is scheduled, please call (650) 696 5373.

## What to bring:

1. Orders from your doctor.
2. EKG, lab or other medical test results.
3. Any available information regarding your past medical history.
4. A list of your daily medications and the times they are taken. Be sure to include any over-the-counter medications, including herbal or other diet supplements.
5. Your insurance or MediCal eligibility card.
6. Patients under age 18 must have a parent or guardian present to sign forms prior to surgery.



**Mills-Peninsula Health Services**

A Sutter Health Affiliate

*With You. For Life.*

Community Based, Not For Profit

## Pre-surgery instructions

1. Nothing to eat or drink after: \_\_\_\_\_ .  
(This includes water, coffee, gum, candy or mints. You may brush your teeth without swallowing or gargling.)
2. Don't smoke for at least 12 hours before your surgery.
2. Medications: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Special instructions: \_\_\_\_\_  
\_\_\_\_\_

## How to prepare for surgery

1. Leave valuables, including wallet and jewelry, at home. Do not wear makeup or nail polish.
2. Notify your surgeon if you develop any illness, such as a cold, sore throat, cough or fever before surgery.
3. If you are leaving the same day as your surgery, you will need a ride home after you are discharged from the Medical Center. You also will need someone to stay with you for 24 hours afterward. If you need help with this, call our Discharge Planner, who also can help arrange for a home health aide or nurse, if necessary.
4. Have groceries and other necessities at home because you probably won't want to go out for a day or two. It is normal to feel dizzy or sleepy for several hours even after you are home.
5. If you do not speak English or are deaf, bring an interpreter with you. You also may arrange for an interpreter by calling our Discharge Planner.
6. Do not bring children with you.
7. Bring containers for contact lenses or dentures.
8. A parent or guardian must accompany patients under age 18 to sign the permit and speak with the anesthesiologist.
9. Surgery times may be changed, beginning earlier or later than scheduled. If so, you will be notified as soon as possible.
10. Take advantage of a free relaxation/guided imagery training session. Specially trained Mills-Peninsula nurses provide individualized instruction, including a customized audiotape. A study showed patients who use the tapes are more relaxed, less anxious and need less pain medications after surgery. To be most beneficial, imagery training should take place three to five days before surgery. If convenient and within those time guidelines, you may schedule your session at the same time as your pre-admission appointment or another day. For more information, call (650) 696 4785.

## Family and friends

Your family and friends may wait for you in the lobby. We will help them contact the doctor after surgery and answer questions about your progress.

## What to expect before surgery

You will be guided to a room to change into a gown. The admitting nurse will take your temperature, pulse and blood pressure. If you are undergoing general anesthesia, you will be asked to remove dentures, contact lenses and hearing aids.

If you are to stay in the Medical Center, have a family member or friend take your belongings and clothes before you go to the operating room so they can bring them to your room later.

You will receive medication if your doctor has ordered it. Depending on your type of surgery, other preparations may be necessary. The anesthesiologist will review your chart and meet with you.

## After surgery

If you had general anesthesia, you will go to the Post Anesthesia Care Unit (PACU). Some patients who have other kinds of anesthesia also may go to the PACU. You can expect to wake up with an oxygen mask or nasal oxygen assistance. Times vary, but expect to be in the PACU at least one hour.

Your nurse will monitor your temperature, blood pressure, pulse and respiration.

You will be given pain medication as needed. Let the nurses know if you need anything. Your comfort is important to us.

Parents will be reunited with pediatric patients as soon as possible.

## If you are going home the same day as your surgery

You will be taken from the PACU or the operating room back to the Surgery Center until you are ready to go home. Before leaving, patients are given home care instructions. Proper diet, activity, medication, wound care and follow-up office visits are important for your recovery.

Expect a follow-up call from the Surgery Center staff within the next few days to check and see how you are doing.

If you are having problems or believe you are experiencing complications, notify your doctor immediately.

## If you are staying in the hospital

You will be taken to your room from the PACU.

It's important to take deep breaths and cough several times every one to two hours to keep your lungs clear. If you have an abdominal incision, you will be instructed to hold a pillow to the incision as you cough.

Simple leg exercises also help maintain adequate circulation while you are in bed. Do these exercises every one to two hours:

- Rotate your ankles 10 times in each direction.
- Bend your knees several times.
- Tighten and release your calf muscles 10 times.