

# Welcome

We are pleased that you and your surgeon chose **West Gray Center for Special Surgery** for your surgical care. Our facility is designed to offer a pleasant and convenient way of receiving quality outpatient surgery services. Our highly trained team of medical professionals are ready to provide quality healthcare in a comfortable and relaxed environment throughout the surgery process.

At **West Gray Center for Special Surgery**, your comfort and safety is our top priority and ask that you read and follow the instructions provided in this brochure to assist in preparing for your surgery.

## YOUR PROCEDURE IS SCHEDULED:

Patient: \_\_\_\_\_

Surgery Date: \_\_\_\_\_

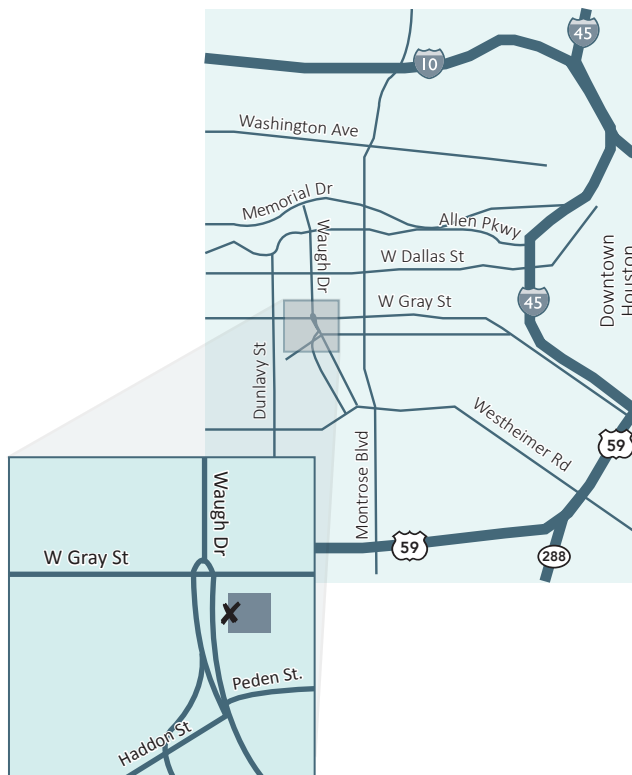
Arrival Time: \_\_\_\_\_

Additional Instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## WEST GRAY CENTER FOR SPECIAL SURGERY

1355 West Gray, Suite 102

Houston, TX 77019

(832) 389-2732

[www.westgraysurgery.com](http://www.westgraysurgery.com)

### DIRECTIONS

We are located at the intersection of West Gray and Waugh Drive in the Dentiq Building.

**From I-10:** Exit Heights Blvd (Turn left if coming from I-10 East or right if coming from I-10 West) Heights Blvd. turns into Waugh Drive once you cross Allen Parkway. Continue on Waugh to West Gray and turn left, then immediately into the parking lot on the right.

**From I-45 North/South:** Exit Allen Parkway and continue to Waugh Drive, turn left on Waugh then left on West Gray and immediately into the parking lot to the right.

**From I-59/69 North/South:** Take I-45 and follow the instructions above.

# West Gray Center For Special Surgery



## Planning For Your Out Patient Surgery

## PREPARING FOR YOUR SURGERY

### What You Need to Know

#### Scheduling

Once your physician has arranged your surgery at our facility, our scheduling coordinator will call you the night before your surgery to confirm your arrival time. The pre-op nurse will also speak with you prior to your surgery to complete a health history and review pre-operative instructions. Please take this opportunity to ask any questions you have concerning our facility or your surgery.



#### Night Before Your Surgery

For your safety and comfort, please plan on the following:

- **Food & Drink** - Do not eat or drink anything after midnight the night before your surgery (this includes water, chewing gum or mints). Your surgery will be postponed if you ignore this precaution. – *Infants and toddlers should have their feedings discussed during the pre-admission appointment.*
- **Alcohol & Smoking** - **Do not consume alcohol for 24 hours prior to your surgery. Refrain from smoking 12 hours prior to surgery.** These substances can cause you to have adverse reactions to anesthesia and medications.
- **Health Changes** – Immediately report any change in health even if changes seem minor, such as fever of 100° or more, cough, rash, vomiting, diarrhea, chest pains, infections or a cold. Please notify your physician if there is a possibility that you are pregnant.

- **Medication, Vitamins & Supplements** – Review the list of medications, vitamins and other supplements you are taking with your physician and pre-op nurse especially if you are taking medications such as Aspirin, Plavix, Lovenox, Coumadin or blood thinners.
- **Transportation** - Arrange for a responsible adult to be present in the facility during the surgical procedure and be available to receive post-op instructions after the procedure. You will need to have someone drive you home and stay with you for the first 20 hours following surgery. The effects of anesthesia and sedation will make you drowsy for that length of time.
- **Pediatric patients** – Plan to have two adults available to take them home – one adult to drive and one to attend to the recovering child.

#### Morning of Your Surgery

- **Medications** – Only the medication discussed and approved by your physician during your pre-admission appointment can be taken the morning of surgery.
- **Bathing or Showering** – Doing so the morning or night before surgery will help to minimize the risk of infection.
- **Brush your teeth** - DO NOT swallow any water when brushing your teeth the morning of surgery.
- **Wear loose, comfortable clothing and low-heeled shoes.** – You do not need a suitcase, but if a child is having surgery bring an extra pair of underwear, change of clothes and their favorite blanket or toy for comfort.
- **Leave jewelry and valuables at home.**
- **Contact lens, glasses and hearing aids** – Bring along a case to store them for safekeeping during surgery or leave them at home.
- **Dentures, removable bridgework, etc.** – Bring along a case to store them for safekeeping or leave them at home.
- **Remove all make up before arrival.**
- **Time of Arrival** - Arrive at the designated time so your surgery may begin as scheduled.

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#### After Surgery

- After leaving the surgery suite, you will be moved to the recovery area where nurses will care for you until you are awake and comfortable. You will be discharged only when your condition is stable and you have a responsible adult to drive you home. A nurse from West Gray Center for Special Surgery will call to check on your recovery the day after surgery.
- For your well-being we recommend that you wait at least 24 hours before you:
  - Drive or use power equipment
  - Eat a heavy meal
  - Consume alcoholic beverages
  - Take medications not approved by your physician
  - Sign important papers or make important decisions
  - Stay by yourself

#### Wound Care

- **Keep the dressing clean and dry and do not remove it unless instructed by your physician.**



- **Keep operated extremity elevated above the heart for 48 hours.**
- Any problems following surgery should be immediately reported to your physician's office.

**FOR ALL AFTER HOUR URGENT  
QUESTIONS OR CONCERNS CALL  
832-389-2732**