



VALLEY AMBULATORY
SURGERY CENTER
Dedicated to Excellence in Patient Care

PRIOR TO YOUR PROCEDURE:

You/The Patient Should:

- ✓ Review the content of this packet and follow all instructions.
- ✓ Bring this packet with you on your day of surgery and include any additional documents your physician may have given you.
- ✓ Call Valley Ambulatory Surgery Center if we have not successfully been able to contact you at least 7 days prior to your procedure. You may call between the hours of 5:00 am – 5:00pm, Monday – Friday at (630) 584-9800.

Valley Ambulatory Surgery Center Will:

- ☎ Attempt to contact you regarding your insurance and/or your financial obligations. Or you can call our Insurance Verification department at our main number, (630) 584-9800.
- ☎ Attempt to contact you regarding your past health history and preparations for your procedure.
- ☎ Help you with instructions on completing your pre-registration paperwork.

**Please call us at Valley Ambulatory Surgery Center
if you have any questions:**

(630) 584-9800



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HOW YOU CAN PREPARE FOR YOUR PROCEDURE:

Medications:

- ✓ Do not eat or drink anything (including water) after midnight the day of your surgery. Undigested food in the stomach can cause complications and your surgery is likely to be postponed or cancelled if you forget to follow this instruction.
- ✓ Make sure to take the following medications (if they apply to you) with just a sip of water the morning of your procedure (unless otherwise instructed by your doctor): Blood Pressure, Heart, Thyroid and Acid Reflux.
- ✓ Contact your surgeon or PCP if you are Diabetic, for instructions on when to take your medications.
- ✓ Stop all herbal supplements and diet pills 2 weeks before surgery. If you take blood thinners, including baby aspirin, contact your surgeon for instructions.
- ✓ Refrain from smoking after midnight of the day of your surgery.

Clothing and Jewelry:

- ✓ Remove all make-up, nail polish, jewelry and piercings. We also suggest that you wear casual, loose clothing, especially with procedures involving extremities. During your procedure you will wear a patient gown provided by us.
- ✓ Bathe or shower the morning of your procedure to minimize the chance of infection. Teeth may be brushed but DO NOT SWALLOW water.
- ✓ If you wear contact lenses, it is preferred that you wear your glasses to your procedure, and that you bring a case for them. If you do not have glasses, bring your contact lens case.



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Transportation:

- ✓ Arrange for a responsible adult over 18 to drive you home and stay with you for the first night following your procedure.
- ✓ It is also important for this person to stay at the facility during your procedure so that your physician and nursing team may give your postoperative instructions and details about your follow-up care.
- ✓ In the case of minors under 18, please note that a parent or legal guardian must stay at our facility for the entire duration of the child's stay with us.
- ✓ Please remember these important requirements to avoid having to postpone your procedure.

Additional Information:

- ✓ Bring your picture identification and insurance cards (*if applicable*) and any paperwork your doctor requests.
- ✓ If you experience any health changes between your most recent visit to your doctor and the day of your procedure, notify your surgeon immediately. This includes even minor changes such as an elevated temperature, cough or cold.
- ✓ If you suspect you are pregnant, please notify your surgeon. Anesthesia and medication may be harmful to the developing fetus.
- ✓ Please limit the number of people who accompany you to the Center. To maximize the comfort of all visitors, we suggest that adult patients be accompanied by only one person.

Valley Ambulatory Surgery Center Contacts:

Main Phone Number: (630) 584-9800

Main Fax Number: (630) 584-9805

**Administrator
Medical Director
Nurse Manager
Business Manager**

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