



# What you need to know... Before Surgery



575/538-4699 • fax 575/538-4095  
www.grmc.org



Your surgery is scheduled for:

Patient Name

Date

Time\*

\*The Surgery Center will notify you of time.

Call us with your surgery questions:

Front Desk ..... 575/538-4698

Pre-Op Assessment ..... 575/538-4802

Payment Assistance

Business Office ..... 575/574-4989

or toll free 866/574-4989

Grant County Health Plan.... 575/538-4180

*Please carefully review this important information from Surgical Services about your before and after surgery care.*

*Thank you.*



## Before Surgery

There are several things you need to do to prepare for your surgery. Please follow the guidelines below carefully, unless instructed otherwise by your physician.

- If you have not received a call 1 day prior to your surgery, please call (575) 538-4698 in order to review pre-operative instructions, provide a short medical history and confirm the arrival time for your surgery.
- If you are taking any medications (prescription, over the counter, and/or herbal/homeopathic) please bring the list with you.
- Also inform the nurse of any surgeries you have had in the past. If you have additional questions or wish to schedule an appointment with the nurse, please contact us from 7 a.m. - 5 p.m. at (575) 538-4802.
- Bathe or shower the night before or morning of the surgery and wear simple, loose fitting clothes. Do not use makeup, lotion or perfume the morning of surgery. Do not wear contact lenses. You may brush your teeth, but do not swallow any water.
- Please leave all your valuables and jewelry at home.
- Do not glue your dentures in place.
- Do not eat or drink anything after midnight the night before the surgery. This includes candy, water, coffee and gum. If you do, it is possible your surgery could be cancelled and rescheduled.
- Please ask your doctor if you should take any of your routine medications prior to surgery, such as those for heart, asthma, diabetes or blood pressure conditions.
- Notify your doctor if your health condition changes before surgery. Examples of health changes include a cold, sore throat, flu, persistent cough, fever, vomiting or diarrhea.
- Do not use tobacco products or consume alcohol during the 24 hour period prior to your surgery.
- If you are an outpatient, make arrangements for a responsible adult to drive you home and stay with you following your surgery. You will not be permitted to leave the hospital alone after receiving anesthesia. Your surgery will be cancelled if you have not made these arrangements.



## Legal Information

If you have appointed someone to be your Durable Power of Attorney, you must bring the paperwork with you that proves this person may act as your spokesperson.



## Parking

The Surgery Center of the Southwest is located at 1313 32nd Street in Silver City. It is located in the northwest corner of Gila Regional Medical Center campus. Parking is available close to the Surgery Center, as seen in the map.

## Day of Surgery

On the day of your surgery report to the the Surgery Center front desk.

Please bring your insurance card and a photo ID, co-pay and deductible with you the day of the surgery because they will be needed for registration.

## Your Child & Surgery

Surgery can be a frightening and confusing experience for anyone, especially children. Please feel free to bring a special toy, blanket, pacifier or something familiar to help your child feel more at ease.

If your child is having surgery, one parent or legal guardian must remain in the surgical waiting area the entire time the child is at Gila Regional's Surgery Center.



Immediately after surgery, your child will be taken to the Recovery Room. One family member may join your child as soon as the physician responsible for your child's care determines it is appropriate.

It is best to have two adults available if your child will be going home after surgery in order for one adult to drive and the other to devote their full attention to your child.

## After Surgery

Usually, as an outpatient, you will be discharged in less than one hour, in order to complete your recovery in the comfort of your own home. We suggest that your driver/carepartner remain in the surgical waiting area the entire time you are here.

You and your caregiver will be given instructions to follow when you are ready for discharge. In addition to following these specific instructions, plan to rest at home and avoid driving, making critical decisions, operating machinery or drinking alcohol for at least 24 hours.

A nurse will be calling you the day after your surgery. Prior to discharge, please be sure to provide us with the best phone number where you can be reached.

Please contact your surgeon if you develop a fever of over 101 degrees, have nausea or vomiting for more than 24 hours, or have any other problems or questions.

## Waiting Room Reminders

- Remember that the people who surround you are either waiting to have surgery or are waiting for someone in surgery. Please be respectful.
- Remind your children to quietly play and keep their voices low.

## Financial Information

Most surgical procedures are covered by medical insurance. A registration clerk may contact you prior to your surgery to verify your insurance information.

Co-pays and deductibles are due at the time of service. We accept personal checks, cash and most major credit cards. Please bring your insurance card and a photo ID, co-pay and deductible with you the day of the surgery.

If you do not have medical coverage or for any billing questions, please contact our Financial Counselor at: (575) 574-4989 or (866) 574-4989.

The Grant County Health Plan is available to residents of Grant County and is a county fund that covers hospital services at Gila Regional. Assistance is determined by your last year's income. Any bill or balance will be considered. To learn more contact the Health Plan Coordinator at (575) 538-4180.

