

Surgical Center of the Southwest | 575-538-4698
Gila Regional Medical Center

Before Surgery

Pre-operative Assessment Phone Call

You should receive a phone call from our Pre-op Assessment nurse 3-7 days prior to your day of surgery. Please contact us at **(575)538-4698** between 7 a.m. – 5p.m. if by 2:00 PM on the day before your scheduled surgery you have not received that assessment phone call. You can also schedule a specific date and time for us to contact you regarding you pre-op assessment call your availability restricted. We will try to meet your needs whenever possible depending on work volume and time constraints.

The Pre-op Assessment nurse will review your medical history with you. This review will include questions regarding your current health, allergies, past health problems and any previous surgeries you may have had. The nurse will also get a list of any medications you are taking (prescription, over the counter, and/or herbal/homeopathic). We also ask that you bring a list of your current medications with you on your day of surgery.

The nurse will try to answer any questions you may have about your surgery. They will refer you to the right person if you have questions they are unable to answer. The nurse will also review your pre-operative instructions and give you information on where to park and check in on the day of surgery.

If your health condition changes before surgery please notify your physician. Examples of health changes include a cold, sore throat, flu, persistent cough, fever, vomiting or diarrhea. We will also ask about your current skin condition including any cuts, abrasions or open sores.

General Pre-operative Instructions

Surgery staff will call the day before surgery to inform you of what time you should arrive on your surgery day.

Bathe or shower the night before surgery and again on the morning of surgery. Use a clean washcloth and towel each time and dress in clean clothing. This will help reduce your chance of developing a surgical site infection.

Unless instructed differently, do not eat or drink ANYTHING after midnight, the night before surgery. This includes candy, water, coffee, and gum. Do not use tobacco products or consume alcohol for at least 24 hours prior to your surgery.

Please ask your doctor if you should take any of your routine medications prior to surgery, such as those for heart, asthma, seizure or blood pressure conditions. If you have been instructed to take any medications before surgery do so with a small sip of water.

On the day of surgery

Wear simple, loose fitting clothes. Do not wear makeup or use lotions, powders, or perfumes.

Do not wear contact lenses. Remove and leave home all of your jewelry. Please leave any valuables at home.

You may brush your teeth, but do not swallow any water. If you wear dentures do not glue them in place.

If you are having outpatient surgery you must have a responsible adult drive you home, no public transportation unless accompanied by a responsible person. You need to arrange for a responsible person to stay with you **overnight**, for the first 12 to 24 hours after 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 arrangements for a driver and a caregiver to stay with you after surgery.**

Legal Information

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

Day of Surgery

Parking – The ***Surgery Center of the Southwest*** is located at 1313 E. 32nd Street in Silver City, New Mexico. It is at the northwest corner of the Gila Regional Medical Center campus. Parking is close to the Surgery Center entrance, as seen on the map.

On the day of surgery please check in at the Surgery Center front desk. Enter through the surgery center/cancer center entrance and go upstairs to the surgery desk.

Please bring your insurance card and a photo ID. Remove and leave all of your jewelry at home.

Financial Information

Most surgical procedures are covered by medical insurance. A registration clerk may contact you prior to your surgery to verify your insurance and to inform you what your estimated out of pocket expenses, co-pays and/deductibles, are for your surgery.

The estimated out of pocket costs are due when you check in for surgery. We accept personal checks, cash and most major credit cards.

Please contact the Gila Regional Medical Center Business office at (575) 574-4989 if you are unable to pay all of your estimated out of pocket costs at the time of your surgery. We have staff that can review your personal situation and assist you with possible options for meeting your financial obligation.

Waiting Room Reminders

Please minimize the number of people waiting for you and reinforce to them that they be respectful of the other people waiting.

We discourage children from coming to the surgery center except for those having surgery. We do not have a play or entertainment center and it is difficult for most children to play quietly with minimal activity while keeping their voices low. On occasions when children accompany a surgical patient we ask that you ensure that they are appropriate while in the waiting area. You must make arrangements for a responsible person to be with them at all times while they are in the hospital. Do not leave children unattended, waiting room staff will not supervise or take responsibility for unsupervised children.

After Surgery

If your surgeon has scheduled you as an outpatient for your surgical procedure it means that your surgeon plans on discharging you to home after your surgery has been completed. Outpatient surgery allows you to complete your recovery in the comfort of your own home. It is important that you make arrangements to have a responsible individual to remain with you for the first 24 hours after surgery. It is also important that you have someone drive you home after surgery.

You should plan to rest at home for the remainder of the day. Do not drive, make critical decisions, operate machinery or drink alcohol for at least 24 hours after surgery especially if you received any anesthesia.

Most people remain in the recovery area for about an hour after their surgery is done. We suggest that your driver and caregiver, if possible, remain in the surgical waiting area the entire time. If they must leave briefly, please have them inform the surgery front desk staff of when they will be returning and how they can be contacted.

We also need your best phone contact information prior to your leaving because a nurse will be calling you after your surgery to check on how you are doing and to answer any questions regarding you surgery that you may have.

Contact your surgeon or go to the emergency room if you develop any of these symptoms after your discharge:

- You have temperature over 101°F
- You have nausea and/or vomiting for more than 24 hours
- You have excessive bleeding, greater than what your surgeon said you could expect
- You get no or very inadequate pain relieve from your recommended pain medication
- You develop any other significant problems