

## **PRE-OPERATIVE INSTRUCTIONS**

Your surgery has been scheduled at Ventura County Medical Center (VCMC) or Santa Paula Hospital.

Please read the following information carefully and keep your appointments as scheduled.

1. **Pre-Op Phone Call:** If your surgery is at VCMC, call (805) 652-3221, or if at Santa Paula Hospital, call (805) 933-8625 the weekday before your surgery to receive pre-op instructions and arrival time. Please call between 9:30 am and Noon. It is essential that instructions be given prior to your surgery. If we do not receive a call from you, you will be called before 4:00 pm. We are closed after 4:00 pm Monday-Friday and weekends.
2. If instructed to by your physician, please get your blood work/laboratory draws the day before your scheduled surgery at either VCMC or Santa Paula Hospital. The laboratory is closed after 5:00 pm Monday-Friday and weekends.
3. **NO EATING OR DRINKING. NOTHING BY MOUTH** (not even water) after midnight the night before you surgery unless advised by your physician. **NO** alcohol or smoking within 24 hours of surgery.
4. Shower with soap, and shampoo your hair the night before or morning of surgery. If applicable, use the Chlorhexidine wipes as instructed after your shower. Wear comfortable, loose fitting clothes the morning of surgery.
5. Leave all jewelry, money and valuables at home. Remove body piercings.
6. Do not wear any make-up, nail polish, or contact lenses the day of surgery
7. On the day of surgery, please arrive at the hospital at your scheduled time (as instructed during your pre-operative phone call) and check in at Admitting.

***Address for VCMC: 300 Hillmont Ave, Ventura, CA 93003***

***Address for Santa Paula: 825 N 10th St, Santa Paula, CA 93061***

8. If you are having flu-like symptoms such as fever, cough, chills, or body aches call Pre-Op at Ventura County Medical Center or Santa Paula Hospital.
9. Discuss your insulin, aspirin, ibuprofen/motrin/advil, and diabetes medications with your Primary Care Provider and/or physician prior to surgery.
10. Limit visitors/family to two adults in the Pre-Op area. **NO** children under the age of 13 will be allowed.
11. If you have any further questions, please call your clinic.