

# PACIFIC PITUITARY DISORDERS CENTER

AT PACIFIC NEUROSCIENCE INSTITUTE<sup>SM</sup>

## SURGERY INSTRUCTIONS

Your surgery is scheduled for \_\_\_\_\_

Your surgeon is:  Daniel F. Kelly, MD     Garni Barkhoudarian, MD

You will be admitted to the hospital on the same day of your surgery. Our Admissions/Pre-operative Office will call you prior to your surgery to confirm your scheduled admission.

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### PRIOR TO SURGERY

#### Pre-Operative Testing

Please discuss the need for any pre-operative testing with your surgeon. If you require medical, anesthesia or cardiac clearance, please let our office know and we will schedule these tests for you. All pre-operative testing must be completed at least 5 business days from your scheduled surgery.

#### Illness

If you develop a fever, signs of a cold, or any other illnesses between now and your surgery date, notify our office at 310-582-7450.

#### CDs of MRI/CT or Other Imaging

If you decide to keep your films until your surgery, please be sure to bring them with you when you arrive at the hospital. **THE SURGEON CANNOT PROCEED WITH SURGERY WITHOUT YOUR RECENT IMAGING.**

#### Medications

Please check with your surgeon or your regular doctor for instructions on taking medication prior to surgery. If you are under the care of a cardiologist and are taking heart medications (especially blood thinners such as Aspirin, Coumadin, or Plavix), speak to your cardiologist for specific pre-surgery instructions. Unless otherwise specified by your surgeon, stop taking anticoagulation and/or antiplatelet medications (including Aspirin and NSAIDs, see full list) for at least 7 days prior to surgery date.

For pain issues prior to surgery, please take Tylenol or Extra Strength Tylenol. Do not take Aspirin, Motrin, Ibuprofen, Aleve, Advil (all of these drugs act as blood thinners) or other painkiller unless approved by neurosurgeon and the surgery team.

Please avoid herbal medications containing Ginkgo Biloba, Vitamin E, Feverfew, Fish Oil, St. John's Wort, Echinacea and high-dose garlic, cayenne, ginger, clove or turmeric pills (cooking with these ingredients is fine, just avoid these herbs in pill form). All of these herbs are blood thinners.

If instructed to take medications on your surgery date, please only take a very small sip of water. Please bring any medications you're currently taking to the hospital for your anesthesiologist to review. A member of our anesthesia team may contact you prior to your surgery to answer any questions you may have and to verify your medications.

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### EVENING PRIOR TO SURGERY

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE EVENING BEFORE YOUR SURGERY.** This includes water, juice, coffee, chewing gum, breath mints, etc. You may brush your teeth and rinse your mouth, but do not swallow any of the water/mouthwash. **This can result in postponement of your surgery or sickness when recovering from anesthesia.**

Do not drink alcoholic beverages, smoke or take drugs unauthorized by your surgery team 48 hours prior to surgery.

## MORNING OF SURGERY

Proceed to the main Providence Saint John's Health Center in Santa Monica at 2121 Santa Monica Boulevard. Proceed to the Preoperative Unit Registration Area on the 2nd floor of the Keck Building. Please arrive at Admissions at \_\_\_\_\_ **AM/PM**.

### Before Your Arrival

Wear comfortable, loose-fitting clothes. Don't use makeup, lotions, hair products, perfume or powders on the day of surgery. Please bring your insurance card (mandatory), and advanced directives/health care power of attorney/guardianship papers (optional).

Leave valuables at home, including jewelry, watches and money. Glasses, contact lenses, wigs, hairpins, hair clips, dentures, prostheses, etc will need to be removed before you enter the operating room. Items may be kept with a family member /friend, or secured in an on-site locker.

### Upon Your Arrival

After checking into Admissions, you will be taken to the Pre-Treatment Unit (PTU) where you will meet with your anesthesiologist to discuss your anesthetic plan. Family members & friends may remain with you until you enter the operating room area.

### During Your Surgery

Your surgery will take approximately \_\_\_\_\_ **hours**. Family members/friends waiting for you will be given a pager. When your surgery is complete and your surgeon is prepared to discuss your case, the pager will alert your family members/friends.

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## YOUR HOSPITAL STAY

Your length of stay in the hospital will be approximately \_\_\_\_\_ **days**.

Following your surgery, you will be taken to the Recovery Room where you will receive special care while awakening from anesthesia. Unfortunately, family members/friends are not permitted in the recovery room. When you have sufficiently recovered from your anesthesia, you will be transferred to your room for post-operative care. Only after moving to your room will family members/friends be permitted to visit you. During your hospital stay, friends and loved ones may reach you by calling (310) 829-7025.

While in the hospital, your care will be managed by your surgeon and a team of physicians affiliated with the Pacific Brain Tumor Center. Your surgeon will try to visit you at least once per day while you are in the hospital. If you have a problem you feel is not being addressed in the hospital, please feel free to have the charge nurse page your surgeon.

Your insurance will pay for standard hospital rooms only, which may not be private. If you are placed in a non-private room and are interested in a private room, one may be arranged for you, if available, at an additional rate. These rooms cannot be arranged in advance, but should one be available, the extra fee will be your financial responsibility.

When you have sufficiently recovered from your surgery, you will be discharged from the hospital. Discharge instructions will be provided to you at that time, and any post-surgical questions you have will be answered.

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## UPON DISCHARGE FROM THE HOSPITAL

Do not drive a car, sign legal documents, operate machinery, drink alcoholic beverages or use drugs not authorized by your surgery team for at least 48 hours after discharge from the hospital.

When you arrive home, please take it easy. Let your family members/friends wait on you. Your body will tell you if you are doing too much. *Please* listen to your body. Just relax!

If you experience severe pain, bleeding, or a high temperature, please call surgeon or immediately proceed to the emergency room.

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For any further scheduling questions or concerns please call your Surgery Coordinators at 310-582-7450.