

# SURGERY SCHEDULE & INFORMATION



Dr. \_\_\_\_\_

Has scheduled your surgery/procedure on: \_\_\_\_\_

Surgery/procedure (s):  
\_\_\_\_\_

*This Packet Contains:*

1. **Preoperative Appointments**
2. **Directions** to SFVAHCS and campus map
3. **Frequently Asked Questions**
  - a. Things to tell your doctor
  - b. When to call your surgical team
  - c. How do I prepare for surgery?
    - i. Home preparation
    - ii. Self and health preparation
    - iii. Rides, work release, overnight stays

It is important that you keep all of your appointments as scheduled and follow instructions as given. If you have any questions, do not hesitate to ask or call.

**PLEASE BRING THIS PACKET TO YOUR APPOINTMENTS**

**Questions:** 415-221-4810

Scheduling  
Surgery & Health

ext 2-2301 / 2-4422 / 2-3257  
ext 2-2451 / 2-6405 / 2-2641

Name: \_\_\_\_\_

# PREOPERATIVE APPOINTMENTS



**ALL** appointments **must be completed** prior to your surgery.

	<b>1. <u>ORTHOPEDIC / HOSPITAL MEDICINE PERIOP CLINIC</u></b> Provider: <i>Alternate location: Bldg 200, ground floor, Module 2 is assigned when marked _____</i>	Bldg 203, 2 <sup>nd</sup> floor, Room 2A-51
	<b>2. <u>ANESTHESIA PRE-OP CLINIC</u></b> Provider: <b>3. <u>**AMBULATORY SURGERY UNIT</u></b> <i>**Immediately after Anesthesia appointment</i>	Bldg 200, 3 <sup>rd</sup> floor, Room 3A-122
	<b>4. <u>PHYSICAL THERAPY</u></b> Room GB 21 <b>5. <u>OCCUPATIONAL THERAPY</u></b> Room GB 27	Bldg 203, ground floor, Room GB 21 Room GB 27
	<b>6. <u>ADMISSIONS OFFICE</u></b> <i>Pre-admission processing - Mon-Fri 8am-4pm</i>	Bldg 200, Ground Floor, Emergency Dept
	<b>7. <u>PROSTHETICS/ORTHOTHICS</u></b> <i>Patients will be informed if this is needed during Orthopedic appointment</i>	Bldg 5, First Floor, Room 101

***You may also need to complete preoperative studies:***

\_\_\_\_\_ LAB (Bldg 200, 2<sup>nd</sup> floor, Room 2B-117)  
 \_\_\_\_\_ No appointment needed (does not require fasting)

\_\_\_\_\_ RADIOLOGY (Bldg 200, 2<sup>nd</sup> floor, reception desk)  
 \_\_\_\_\_ No appointment needed

\_\_\_\_\_ EKG (Bldg 203, 2<sup>nd</sup> floor, Room 2A-16)  
 \_\_\_\_\_ No appointment needed

***If you will need a room through Hoptel, please call our office to have arrangements made for you.  
 PLEASE CALL IN ADVANCE AS THERE ARE ONLY A LIMITED NUMBER OF HOPTEL ROOMS***

\_\_\_\_\_ HOPTEL - Lodgers may check-in weekdays beginning at 11:00am-Hoptel Check in Office is located in Building 9; (check in no later than 4 pm, if you wish to receive an evening meal) 415-221-4810 ext 2-2529

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*For more information:* <https://periopcare.wixsite.com/sfva-periopcare>



## **DIRECTIONS**

SFVA Medical Center | 4150 Clement St. | San Francisco, CA 94112 | (415) 221-4810

### **From the North**

Cross the Golden Gate Bridge. Take the Highway 19th Avenue exit and go south through the General MacArthur Tunnel which puts you on Park Presidio. At the third traffic light, turn right on Clement Street. In ~2 miles, turn right at 42nd Avenue onto the medical center grounds. Patient/visitor parking is in front of Building 1.

### **From the East**

Cross the Bay Bridge and exit at Ninth Street/Civic Center. At the end of the ramp, bear left onto Harrison for one block and then turn right onto Ninth Street and stay to the left. After crossing Market, stay to the left onto Hayes. Turn right on Van Ness. Continue approximately ½ mile and turn left on Geary. Continue ~4 miles and turn right on 42nd Avenue. Go up hill to hospital. Patient/visitor parking is in front of Building 1.

### **From the Oakland Airport**

Follow signs to I-880 north (going towards downtown Oakland). Take I-880 north and follow signs for San Francisco to the Bay Bridge. After crossing the Bay Bridge, follow the "FROM THE EAST" instructions above.

### **From the South**

Take interstate 280 north. Near San Francisco stay left and follow signs to 19th Avenue/Golden Gate Bridge. Stay in the left lanes and at the first traffic light, bear left onto 19th Avenue. Continue on 19th Avenue 3 miles and stay in the left lane as you enter Golden Gate Park. Turn left at the traffic light onto 25th Avenue. Continue on 25th Avenue for about one mile and turn left on Clement. Go one mile and turn right at 42nd Avenue onto the medical center grounds. Patient and visitor parking is located in front of Building 1

### **Public Transportation**

The 38 Geary/Ft. Miley bus (MUNI) goes directly to the medical center. (Make sure the destination sign includes "Fort Miley.") You can catch it downtown at the Transbay Terminal, or on Geary. If coming from the North Bay, take the Golden Gate Transit Bus #50. Get off at the first stop after it turns onto Geary. Cross Geary and Park Presidio to catch the 38 Geary/Ft. Miley bus going west. SFVAHCS is at the end of the route.

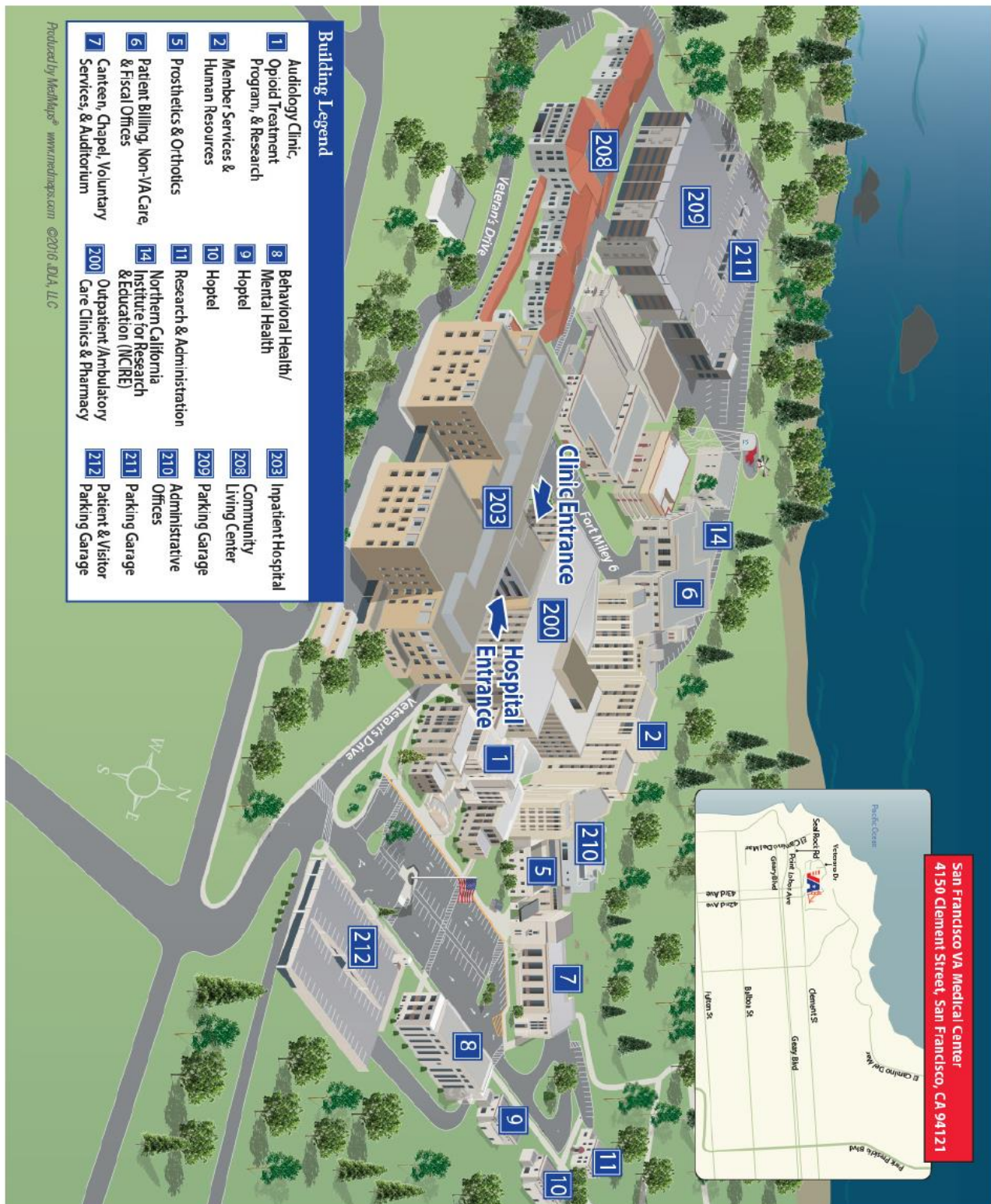
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# PREOPERATIVE APPOINTMENTS



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## FREQUENTLY ASKED QUESTIONS

### Things I should tell my doctor

- ❖ All **MEDICATIONS** you take (including prescribed and over-the-counter medications and herbal supplements) – Write a list with drug name, dose, and times you take them. Bring the list with you to your Preoperative Appointments.
- ❖ If you are taking a **BLOOD THINNER**, such as Coumadin (Warfarin) or Clopidogrel (Plavix), Dabigatran (Pradaxa), Apixaban (Eliquis), Rivaroxaban (Xarelto), or Aspirin.
- ❖ If you have a heart pacemaker or other implanted electrical device

### Reasons to call my surgical team

- ❖ Cuts, abrasions, rash in the area to be operated on.
- ❖ ANY fever, illness or hospitalization
- ❖ If you decide to postpone or cancel surgery.

### How do I prepare for surgery?

#### MY HOME

- ❖ Bring things from high or low shelves to mid-range.
- ❖ Count stairs into the home and inside the home, so physical therapy can prepare you
- ❖ Shop for food, cook extra meals and freeze them.
- ❖ If bedroom on second floor, create a sleeping space on ground floor for yourself
- ❖ Take up throw rugs which might catch your foot.
- ❖ Arrange for family/friends to help at home for 1-2 weeks after surgery (shopping, cooking, cleaning).
- ❖ Arrange for a ride home from the hospital (a back up plan, too!).

#### MY HEALTH

- ❖ **Physical activity** every day
- ❖ **Exercises given to you by Physical and Occupational therapy**
- ❖ **Stop smoking**
  - Fewer lung complications
  - Improved wound healing
  - Less chance of heart attack
- ❖ **Good nutrition**
- ❖ **Excellent diabetes control**
  - Reduced infection risk
  - Improved wound healing
- ❖ **STRONG FOR SURGERY** (see handout) [www.strongforsurgery.org](http://www.strongforsurgery.org)

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## PREOPERATIVE APPOINTMENTS

### What are all of these PREOPERATIVE appointments for?

In order to ensure your surgery goes as smoothly and safely as possible, full medical and pre-anesthetic evaluations are required to assess risk and determine best management of medical problems throughout the perioperative period. Physical and Occupational therapy services are arguably the most important partners to ensure a good outcome from joint replacement surgery. Prior to surgery, these providers will make evaluations, prescribe strengthening exercises, and train you on how to use assistive devices in your home. All preoperative appointments are MANDATORY in order to proceed with your surgery.

### What if I miss my preoperative evaluations?

Your surgery will be cancelled and you will restart the scheduling process from the beginning.

### What time is my surgery?

You will receive a phone call before 2pm on the business day before your surgery informing you of your surgery arrival time. If you do not receive a call, please call 415-221-4810 x23521.

### Will I go home or to a rehab facility after being discharged from the hospital?

Many patients are able to go directly home after hospital discharge while others may need a skilled nursing or rehab facility for 1-3 weeks to get stronger. Where you will go depends on your health prior to surgery, specifics of your surgery, the progress of your recovery in the hospital, where you live, and if you have family members or friends who are able to help you when you return home. Only patients who truly need inpatient rehab and home services will be covered by insurance.

You can discuss this with your health care providers at your pre-operative appointments. Once in the hospital, your care team will make a final recommendation. Services such as physical therapy and nursing can also be sent to your home in the first weeks following your surgery.

### What if I need to cancel my surgery?

Your surgery is an elective procedure. You can change your mind about whether to proceed at any time. We understand emergencies and illnesses arise, but each cancellation means another veteran must wait longer for his/her surgery. If you do need to cancel, please call 415-750-2130 option #3 as soon as possible. Should you do so, you will need to restart the scheduling process beginning at the initial medical risk evaluation

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## Preparing for Surgery



### Eat Well

It is important to eat healthy foods before surgery. Tell your doctor if you have trouble eating or if you have not been very hungry. Also tell your doctor if you have lost weight without trying or cannot eat at all. Your doctor may want you to see a dietitian, who can help you work out an eating plan. A lab test called an "albumin" level may be ordered to see if you are at extra risk for problems after your surgery because of your nutrition or for other reasons.



### Quit Smoking

Smoking increases the risk for many problems after surgery. It can:

- Make it hard for you to breathe
- Make an infection in your wound (incision) more likely
- Increase your chance of having a heart attack

Ask your doctor about how to quit smoking. Quitting will not only reduce these risks, it will also improve your overall health and even add years to your life.



### Medicines

Your doctor needs to know what medicines, over the counter drugs and supplements, and herbal remedies you are taking. Some of these can increase your risk of bleeding. Your doctor will tell you which ones to stop taking, and when to stop them, before surgery. Some medicines should not be stopped. If you are taking one of these, your doctor will make sure the hospital staff knows so that you get the right medicines before and after surgery.



### Blood Sugar Control

If you have diabetes, you know how important good blood sugar control is. Your doctor needs to know what your recent blood sugar test results have been. On the day of your surgery, your doctor should check your blood sugar before your operation.

Having surgery puts stress on your body, and stress can affect your blood sugar level. Blood sugar that is too high or too low can cause serious problems. Keeping blood sugar in control before, during, and after surgery will reduce your risk of infection in your incision and will help you heal better.

Even if you haven't been told you have diabetes, your doctor may want to check your blood sugar. Many people have high blood sugar and don't know it.

For more information, visit [www.strongforsurgery.org](http://www.strongforsurgery.org)

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