

**INSTRUCTIONS FOR SAME DAY SURGERY PATIENTS  
FOR SURGERY AT KIMBROUGH AMBULATORY CARE CENTER**

1. Surgical procedure	2. Date of surgery	3. Name of surgeon
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4. Instructions to the patient:

a. **Call (301) 677-8020 or 8019** on \_\_\_\_\_ **between 2 and 3 p.m. for your check-in time.** If you cannot call, report to the Same Day Surgery unit at 6 a.m. on the day of surgery. If you are unable to report on time, your surgery may be cancelled.

b. **Report** to the Same Day Surgery unit (second floor, east wing) on the day of surgery.

c. Eating and drinking before surgery.

(1) **Adults: Do not eat or drink anything after midnight** on the night before surgery, unless directed otherwise by your surgeon or anesthesia provider.

(2) **Children: No solid foods or milk after midnight** on the night before surgery. Your child may have clear liquids (water, apple juice and breast milk) until \_\_\_\_ a.m. on the day of surgery.

d. **On the day of surgery, bring** your ID card and the items that are checked below:

- Medical record.
- X-rays.
- Crutches.
- Orthopedic shoe.
- Case for contact lenses or glasses.
- Other: \_\_\_\_\_

e. **Shower** the night before and the morning of the surgery.

f. **Wear** comfortable, loose fitting clothes. A gown, robe and slippers will be provided for you.

g. **Do not wear** makeup, jewelry (including rings and studs anywhere on the body), nail polish or perfume.

h. **For children** - you may bring pajamas, a favorite blanket and or a favorite toy to comfort them.

i. Children who are not patients are **not permitted** in the Same Day Surgery area.

j. **Discharge:** Your surgeon and anesthesia provider will determine when you can be safely discharged to go home. Expect to remain in the Same Day Surgery unit for 1 to 4 hours after surgery.

k. **A responsible adult**, age 18 or older, must accompany you when you arrive to be admitted, must remain available within Kimbrough throughout your surgery and recovery, and must accompany (i.e., drive) you home after discharge.

l. For your safety, an adult must also stay with you on the first night after your surgery.

m. **Activity:** Though you will feel wide awake after your surgery, anesthetics may linger. **For the first 24 hours after surgery, you should not** drive, operate hazardous machinery or power tools, drink alcoholic beverages, take other than prescribed medications, or make important legal decisions.

n. **Extended recovery:** In the rare event that recovery from your surgery or anesthesia takes longer than expected, you may be transported to Walter Reed Army Medical Center, the National Naval Medical Center (Bethesda), or a local civilian hospital. Should an overnight stay at a civilian hospital become necessary, CHAMPUS fees may be charged.

5. Statement of understanding

\_\_\_\_\_ has discussed the above instructions with me to my satisfaction. I understand that if I do not comply with these instructions my surgery may be cancelled.

Signature of patient, parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

PATIENT'S IDENTIFICATION (For typed or written entries give: Name--last, first, middle; grade; date; hospital or medical facility)