



Welcome to Steamboat Surgery Center. Information about our facility, how to prepare for your surgery, our contact information and all information detailed within this packet can also be found on our website. You may visit us online at www.steamboatsurgerycenter.com.

Please read this letter in its entirety for important information regarding your surgical procedure.

Pre-Surgery Information:

- If you have any questions or concerns about your arrival time, please call Steamboat Surgery Center at (970) 439-1100.
- Registration personnel from Steamboat Surgery Center may call to review your insurance benefit information prior to your surgery date.
- Do NOT take any medications containing NSAIDs (Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Mobic), Fish Oil, Vitamin E, Omega Fatty Acids, CO-Q-10, herbs, or weight loss supplements for seven (7) days prior to your procedure. If you have taken them, please contact your surgeon right away.
- If you take any blood thinning medications for your heart such as Aspirin, Coumadin, Plavix or Xarelto, please contact your cardiologist or primary care physician for guidance regarding when you should stop taking these medications.
- Please do not wear contacts to the Center. Glasses, dentures and hearing aids will be removed in pre-op prior to your surgery.
- Remove all jewelry and piercings. Leave ALL jewelry and valuables at home. The Center is not responsible for valuables.
- Wear loose fitting comfortable clothes and shoes (what you arrive in is what you will leave in).
- Please do NOT apply makeup, deodorant, creams, or lotions. Remove nail polish from fingers and toes.
- If you think you may be pregnant, please call the surgery center right away at (970) 439 - 1100. Females between ages 12-50 will need to give a urine sample for pregnancy testing upon admission.

DIETARY RESTRICTIONS: The following instructions are very important for your safety. If you do not follow these instructions, your procedure may be cancelled.

Do not eat or drink anything after midnight the night before your procedure.

- No gum, breath mints, hard candy or tobacco after midnight.
- Brush your teeth, rinse and spit without swallowing the water.
- Your prescription medications will be reviewed during the interview and *ONLY* those indicated may be taken with sips of water on the day of surgery.

WHAT TO BRING:

- Bring your insurance card, a photo ID and payment (if applicable)
- Bring a case for glasses and dentures
- If you are having any lower extremity surgery (hip, knee, foot, etc.)– obtain crutches, check for proper fit and receive instructions for use as instructed by your surgeon’s office. Please practice the use of crutches prior to your procedure, we may ask you to demonstrate use for your safety.
- Bring any slings, braces or other medical equipment already issued or previously in use.
- Bring your CPAP or other device if you have sleep apnea and use one at home.
- Bring your inhaler if you have asthma, COPD or any other condition that requires you use one

Completing your Pre-Admission Health History:

Steamboat Surgery Center offers patients the convenience and privacy of a secure, online registration process. If you are a new patient to our center, please go online **today** to complete your registration using the login information on the appointment card provided to you by your physician’s scheduler. You will be asked about your health history, medications, and previous surgeries. If you are a returning patient, please simply update your online form. It’s important to complete or update your online registration as soon as possible so that your medical team will have time to review your information prior to your visit. We will call you if we have any questions or concerns. If you do not have internet access, you will be contacted by one of our nurses prior to the day of your procedure to collect all necessary medical information. Please have the above information available for this call.

Post- Surgery Information:

- At the time of your discharge, it is **required** that a responsible adult, over the age of 18, check in at the front desk and accompany you. **You may not drive for 24 hours following anesthesia.** If you receive general anesthesia or IV sedation for your procedure, you must have a responsible adult over the age of 18 remain with you for 24 hours following the procedure. Please tell your accompanying party that they need to be available as soon as you are ready for discharge, they should not make any other appointments on the day of your procedure. ****Do not use public transportation (i.e. buses, taxis, uber, lyft etc.)**
- Some surgical procedures and/or anesthetics may temporarily affect your breathing in the post-operative period. Because of this, you may be required to receive supplemental oxygen for a few days while the effects of the surgical procedure / anesthetic wear off. If needed, we have contracted with a local, private respiratory care company that will provide you with home oxygen for up to 7 days. Please note that you may be required to pay a portion of the fee unless this is a covered benefit of your insurance.
- Call your surgeon’s office if you develop a cold, sore throat, fever or if any other illness occurs within 48 hours of your surgery.

Thank you for choosing Steamboat Surgery Center. We look forward to providing you with a compassionate and high-quality outpatient surgical experience.