



COMPREHENSIVE
Pain Management Center
Defining Excellence in Pain Management

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PREPARING FOR THE DAY OF YOUR PROCEDURE

We at the Comprehensive Pain Management Center want you to have the best experience possible when having a procedure done. Below is some useful information to help you prepare for your time at the surgery center.

If you are having a pain procedure/injection and you are 65 years or older, you may receive a preoperative phone call from one of the surgery center's Registered Nurses 1-4 days before your scheduled procedure. The nurse will review your health history with you and answer any questions.

PREOPERATIVE INSTRUCTIONS

It is essential to your health and the success of your surgery that you follow these instructions. Please read carefully. You may call us at (408) 356.5292 for any questions you need answered prior to your procedure.

DO NOT EAT OR DRINK ANYTHING 8 HOURS PRIOR TO YOUR SURGERY. This includes water, mint, chewing gum, or lozenges. Your stomach must be completely empty to avoid any anesthesia complications. You should not smoke after midnight the night before your procedure.

Call our office immediately if you develop a cold, cough, fever or any kind of infection or are being put on antibiotics. This may interfere with your procedure.

ON THE DAY OF YOUR PROCEDURE

- Do not use lotion, oils, or perfume after bathing.
- Wear loose, comfortable clothing that can accommodate larger dressings and tender surgery sites.
- Wear flat comfortable shoes.
- Leave valuables such as jewelry, watches, and excess cash at home. The surgery center cannot be responsible for them during your stay. Bring hearing aids, glasses and case, and containers for contact lenses and dentures with you.
- Please bring a list of your current medications and dosages with you.
- Arrange for a family member or friend to drive you home because you may experience lightheadedness, dizziness or sleepiness after anesthesia. No patient will be allowed to leave the facility without an accompanying adult. That person may stay at the surgery center or be called when you are ready to go home. We ask to limit the number of people accompanying you to only one or two people and request that you do not bring young children unless they are supervised by a responsible adult.
- If you receive General Anesthesia, you must have someone stay with you for 24 hours.
- We ask that you and your family not use cell phones in the facility to avoid disrupting other families.
- Be sure to bring your insurance card. If any payment is necessary, bring a check, major credit card or cash to pay your fee.

ARRIVING AT THE SURGERY CENTER

Registration Desk/Lobby

At the registration desk, the admitting clerk will request your insurance card and make a photocopy of the card for our records. After registering, you will have a seat in the lobby until the nursing staff calls your name to bring you back into the preoperative area.

Admission to Preoperative Unit

You will be escorted to a private area where you will put on a gown, robe and slippers which we will provide for you. You may be asked to remove contact lenses, dentures, jewelry, hairpieces and prosthesis before going into the operating room. Your clothes will be stored safely and will be returned when you are ready for discharge.

A nurse will take your vital signs, pulse, temperature, respiration and blood pressure and ask you about your health history including whether you have any allergies. You will initial the site of the surgery on a form. The nurse or member of the surgical team will physically mark the area or location of your surgery as a matter of protocol.

After you arrive, the anesthesiologist or nurse will gently start an intravenous (IV) line. **Should you have eaten within 8 hours prior to your procedure; your procedure will be rescheduled for another day.**

You will be asked the same questions by multiple staff members. Certain key questions, such as “What procedure are you going to have?”, “What are you allergic to?”, and “Have you eaten any food after midnight?” are critical to your safety. This redundancy is part of our safety protocols, so please do not be annoyed.

You will be asked to wait in this area until the operating room in which your procedure is scheduled is ready for you. Note that patients are not taken in order of arrival for their surgery; rather, they are scheduled in specific operating rooms that are equipped for the type of surgery scheduled. It is not unusual for a patient who arrives after you to be taken into procedure before you.

Occasionally, unavoidable delays occur. Either an urgent case is put ahead of you or the patient’s surgery before you lasted longer than anticipated. We appreciate your understanding when there is a delay.

ANESTHESIA

Anesthesia keeps you free of pain during surgery. It can cause you to lose feeling or sensation during the operation with or without loss of consciousness. Your surgeon and your anesthesiologist will discuss the type of anesthesia which is appropriate for your surgery.

Common Side Effects of Anesthesia

Depending on the type of anesthesia you receive, you may experience a sore throat, mild nausea, headache, drowsiness and/or fatigue after your procedure. Some patients do not experience any side effects. Talk to your anesthesiologist about what to expect.

AFTER YOUR PROCEDURE

Immediately after your procedure, you will be moved to the Post Anesthesia Care Unit (PACU) where you will be carefully monitored by members of the nursing and/or anesthesia staff, as well as your physician. General recovery time is anywhere from 20 minutes up to a few hours. Your vital signs will be continuously monitored and medications (for relief of pain, anxiety, or nausea) may be administered. When you first wake up, you may have an oxygen mask over your nose and mouth and a finger cover which monitors your blood oxygenation.

Your time in the PACU will vary depending on how quickly you feel your pain is controlled and you feel ready to be discharged home with a family or friend. You will be asked to rate your pain on a scale of 1-10, 10 being the highest. You will be discharged home when you are reasonably comfortable, free of nausea, able to drink small amounts of fluids and possibly tolerate crackers. You will be given pain medications until you feel the pain is controlled enough for discharge.

Your belongings will be returned and the nurse will go over all your discharge instructions. Instructions will focus on wound care, bathing and activity restrictions, diet, follow-up appointment plans, signs to look for and what to report to your physician, and emergency contact information for your physician. You will receive a copy of the discharge instructions for your reference at home. Our staff will escort you to your car. Remember, the quicker you are able to become mobile and return to your home environment the more successful your recovery from your procedure will be.

If you have any questions, we encourage you to call the surgery center.

RECOVERING AT HOME

Our goal is to return you to your home environment as soon as you meet our discharge criteria. Your recovery from your procedure will be more successful in your home environment.

We recommend that you have a family member or friend stay with you for the first 24 hours after your procedure.

Contact your physician's office if you experience any problems or difficulties.

Do not drink any alcoholic beverages for 24 hours following your procedure.

Follow your physician's post-operative instructions regarding diet, medications, rest, return visit and return to normal activities.

Most patients will receive a post-op telephone call from a staff member within a day or two to see how you are doing. Please be sure to leave a number where you can be reached.

Do not drive or operate machinery for 24-48 hours following your procedure.

WHEN TO CALL YOUR PHYSICIAN OR SEEK MEDICAL CARE

Your physician or someone covering for your physician is available 24 hours a day, 7 days a week. In an emergency, **call 911**.

Call your physician's office for any of the following:

- Temperature of 101 degrees or higher, and/or chills
- Nausea and vomiting that lasts more than 24 hours
- Increasing drowsiness
- Worsening pain not relieved by pain medication
- Increase swelling around the incision
- Redness around the incision that is spreading
- Bright red blood or foul-smelling discharge coming from the wound

*Information taken from Silicon Valley Surgery Center/Bascom Surgery Center website.