



# STANFORD HOSPITAL & CLINICS

*Stanford University Medical Center*

Ambulatory Surgery Center (650) 723-7105

Dear Patients, Family Members and Friends,

Welcome to the Ambulatory Surgery Center at Stanford.

The Staff of the Ambulatory Surgery Center would like to ensure your experience today will be a positive one. This information sheet will explain the surgical preparation and recovery process. Please feel free to contact staff members with any questions you might have.

## **PREOPERATIVE PREPARATION FOR SURGERY**

A staff member will call the patient into the Pre-Op Area approximately one (1) hour before the scheduled surgery time. In the Pre-Op Area, the patient will be interviewed for medical information, sign a surgical consent and meet the anesthesiologist. The nursing staff will also make any preparations your physician has ordered. After the nursing staff has completed their preparations, one visitor at a time will be brought to the Pre-Op Area to be with the patient until they go to surgery.

Belongings will be taken to the PACU (Recovery Room) and will be available for the patient when they are ready to dress. Please leave all jewelry, valuables or electronic equipment with a family member or friend.

We strive to start all surgeries at their scheduled time. There are times when a patient's surgical time may need to be moved earlier or later. We will make every effort to keep you updated with current time estimates.

## **POST-OPERATIVE CARE OF THE SURGICAL PATIENT**

### **PACU(Post Anesthesia Care Unit)**

**PHASE I AREA:** This area is where the patient will be taken immediately after the surgery is completed. Length of stay in this area is approximately 60 to 90 minutes. Patients stay in the Phase I Area of the PACU until they are awake, their vital signs are stable, they have satisfactory pain management and they are beginning to drink fluids.

Patients scheduled to stay overnight will remain in the Phase I Area until they are transferred to a room on the nursing unit.

**PHASE II AREA:** Family members or friends are escorted to the Phase II Area to be with the patient before the patient is discharged home. During this phase of recovery, a family member or friend will be with the patient while the nurse provides care instructions and medication information. We welcome and encourage questions and the expression of concerns before the patient is discharged home. The length of stay in this area is generally 15 to 45 minutes, depending on the patient's general wellbeing before going home.

### **PHYSIATRY PATIENTS**

Physiatry patients generally spend 20 to 30 minutes in the PACU. Visitors are not brought to see Physiatry Patients prior to discharge due to short recovery time. A family member or friend is asked to retrieve the car while patient prepares to go home.

Sincerely, The Staff in the Ambulatory Surgery Center