

## **Preop Instructions before vaginal, laparoscopy, robotic or open surgery:**

***Appointments: You will need a total of THREE appointments: one with Dr Serrato before surgery, one with Dr Serrato after surgery and another preop appointment with the facility where you are having the procedure. It may be that you can do these by phone.***

1. For Dr Serrato, call 650 239-5303 or 1 855 737-7286 to make these appointments or make an online request. These appointments should be between 3-10 days before the procedure and approximately 1-3 weeks after surgery.

2. For *your facility*, call the appropriate number below:

Campus Surgery Center: 650 991-2000

Mills Peninsula Hospital: 650 696-5754

Sequoia Hospital: 650 367-5545

California Pacific Hospital: 415 600-2500

### **7 days before surgery**

1. Continue all routine prescription medications through the day before surgery EXCEPT aspirin, coumadin, or any prescription blood thinner which should be discontinued in consultation with your surgeon or primary care doctor. If you need to take something for headaches or pain, Tylenol or Motrin may be used. For questions about your medicines, please ask your doctor.
2. Discontinue all over the counter herbal medications and omega 3 fatty acids prior to surgery. Do not eat excessive garlic.
3. Please take your heart, blood pressure, thyroid, diabetes and/or any other prescription medications the day of surgery unless told otherwise by your primary care doctor, the anesthesiologist or your doctor; just do so only with sips of water.
4. Prepare to have someone help with your needs after surgery. You will not be able to drive on narcotic pain medications. You cannot drive for 24 hours after general anesthesia.
5. Please arrive at the hospital 1 ½ to 2 hours before the scheduled surgery.

### **3- 5 days before surgery**

Schedule your preop appointment with the hospital or surgery center if you have not already done so. This is separate from the preop appointment with your surgeon. Ask you surgeon if you need to see your primary care doctor before surgery as well.

### **The day Before Surgery – this varies depending on your procedure**

Do **NOT** follow the instructions for eating and drinking given to you by the hospital preop nurse. These instructions will be given to you by Dr Serrato at your preop appointment. If Dr Serrato does NOT give you special written instructions , DO NOT EAT ANYTHING OR DRINK ANYTHING AFTER MIDNITE the day of the procedure.

IF you have any questions , please call the office at 650 239-5303 or email me from the website.