

Preop Instructions before minor surgery (hysteroscopy, D and C or LEEP)

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 2-3 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

5 days before surgery

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

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. 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.
3. 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.**

The day before the procedure and the day of the procedure:

If your surgery is in the morning: Do not eat or DRINK ANYTHING AFTER MIDNITE THE DAY OF THE PROCEDURE

If your surgery is in the afternoon: Do not eat solids after midnite. You may have clear liquids up until 6 HOURS BEFORE surgery. If you eat anything, your procedure may be cancelled.

The day of surgery, please arrive at the surgery center or hospital 1 ½ to 2 hours before the scheduled surgery. IF you have any questions please call the office at 650 239 5303 or contact me online.