

Preparing for your Surgery at the Outpatient Surgical Center (OSC)

25 Washington St, Wellesley, MA 02481 - 617-219-1503

Hours: Monday, Tuesday, Thursday, Friday 6:30 AM-5:30 PM and Wednesday 7:30 AM-5:30 PM.

First cases arrive at 6:20 AM, except on Wednesday arrive at 7:20 AM.

Key Points prior to your visit:

- Patients should arrive **60-90 minutes** before surgery, please do not arrive sooner unless instructed to do so.
 - **Please, do not be dropped off** as there could be an extended wait before you are called to come into the facility. Please wait in your car until you are called in as we do not want anyone waiting outside in inclement weather. For those using a ride service, we do not have a place for you to wait inside, please plan accordingly.
- Parking for patients is located behind the facility in the same parking lot as CVS. You will be asked to enter the facility via the entrance by the parking lot. Call **617-219-1503** when you arrive to do the check in process.
 - **Please do not enter the facility until you are informed by a representative to do so**, as we are checking in multiple patients. Please have your rides name, contact number and how long it will take them to return to bring you home once they are called.
 - **Please note you cannot take an Uber, Taxi or Taxi Service home unless someone is accompanying you**, so please ensure your ride is aware they will need to be available to pick you up when called.
- **You are required to have a responsible adult with you at the time of discharge.**

What to bring	What <u>NOT</u> to bring
<ul style="list-style-type: none">○ Cell Phone○ Glasses○ Equipment given to you to use after your procedure	<ul style="list-style-type: none">○ Wallet, Keys, ID, Insurance Cards○ Jewelry(wedding bands on operative side, necklaces, earrings, piercings, watches)○ Please NO valuables

What to wear	What <u>NOT</u> to wear
<ul style="list-style-type: none">○ Loose fitting clothes-sweatpants○ Pants and tops that will slide easily over a cast or brace	<ul style="list-style-type: none">○ Skinny jeans (unable to fit over cast or brace)○ Tight fitting clothing○ Long sleeve shirts (unable to fit over cast or brace)○ Belts

Guidelines for Eating and Drinking Before Your Surgery – 12 months and older - Adults

- After midnight the night before your surgery, there is **no** solid food.
- **From midnight until 3 hours before the start of the surgery**, you are encouraged to have any of the following liquids:
 - ✓ Water
 - ✓ Apple juice (not cider)
 - ✓ Cranberry juice
 - ✓ Clear sodas – ginger ale, lemon lime, cola – caffeinated or decaffeinated is okay
 - ✓ Carbohydrate/sugar-based sports drinks (e.g., Gatorade, Pedialyte/Ricelyte)
 - ✓ Black coffee or clear tea - You may add sweetener to your coffee or tea.
 - **NO** powdered beverages
 - **NO** Protein Water
 - **NO** hydration packets or bullion
- For the **3-hours** immediately before your surgery, you may have absolutely nothing by mouth other than any medications that you were instructed to take.
- You may brush your teeth at any time; just spit out after rinsing.

Laboratory work

- After you have your phone appointment with the Pre-Admission Testing Unit, someone from the anesthesia team review your electronic record. On many occasions, the anesthesia team will order additional labs to be drawn prior to the day of surgery or an electrocardiogram. This is a common practice and should not cause concern. This will require an additional trip to the hospital as we need all laboratory results days in advance of your surgery. The laboratory work and electrocardiogram should be done as soon as possible.
- **Weekend Laboratory Hours:** On Saturday and Sunday, you will report to the main laboratory as the Pretest Lab is not open on the weekends. The weekend hours for the main lab are Saturday 7am-3:30p and Sunday 7a-2pm. Please note that all electrocardiograms need to be done Monday-Friday and cannot be done on the weekends.

Please feel free to call us with any questions or concerns, we are happy to help and look forward to caring for you.