



GENERAL INSTRUCTIONS

for Ambulatory Surgery Center Patients

The Week Before Your Procedure

A nurse from the Ambulatory Surgery Center (ASC) will contact you 3 business days before your procedure, regarding your arrival time and specific instructions about your procedure:

- The nurse will review pre-operative instructions and help answer any questions you may have about your procedure.
- If you are taking aspirin, aspirin-like products or any blood-thinning medications, ask your doctor right away for directions regarding your medications.
- Do not take any herbal or dietary supplements 7 days prior to surgery. Please be sure to tell your doctor if you are taking any.
- Do not drink alcohol 24 hours prior to surgery as it can cause an adverse reaction to anesthesia and medications.
- If you are a smoker, don't smoke for at least 12 hours prior to your procedure as it can cause an adverse reaction to anesthesia and medication.
- Do not eat or drink after midnight, the night prior to your procedure. This includes water, chewing gum, and mints.
- If you need to cancel your procedure, please call your doctor's office as soon as you know.

For Your Safety

By Texas law, a responsible adult (over the age of 18) must take you home. Failure to do so will result in cancellation of your procedure. You will not be allowed to drive yourself home or take a cab home by yourself. Uber, Lyft and other public transportation options are not allowed UNLESS you have another adult traveling with you.

The Day of Your Procedure

- Bathe or shower on the morning of your procedure to minimize the risk of infection.
- Brush your teeth on the morning of the procedure, but don't swallow any water.
- Wear loose, comfortable clothing and low-heeled shoes.
- Remove all body piercings the morning of the procedure.
- Leave jewelry, valuables, cash and credit cards at home, except what is needed to take care of financial obligations for your procedure.
- Bring a case for you glasses, contacts and/or dentures for their safekeeping during your procedure.
- Do not wear any make-up.

Arriving to the ASC

- Be sure to arrive at the assigned time.
- Upon arrival, you will be asked to complete registration paperwork and finalize payment options. You will need to bring your insurance card, ID and form of payment: credit card, checkbook or cash.
- For patients younger than 18 years, a parent or legal guardian must sign the consent. We can only accept the consent of a parent or legal guardians, not grandparents, other relatives or friends.
- Any health changes should be reported immediately to your physician, even if the changes seem minor, such as a fever, cough, rash or cold.

Contact Us

Kelsey-Seybold 24/7 Contact Center: 713-442-0000
Ambulatory Surgery Center: Monday-Friday • 7 a.m. to 4:30 p.m. • 713-442-3370

For All ASC Patients

After Your Procedure

- You will be taken to the recovery area where our staff will care for you until you are awake and comfortable.
- A recovery room nurse will let family members or a friend join you when it is appropriate.
- As soon as your doctor says you're okay and you have a responsible adult to drive you home, you will be allowed to leave the surgery center.
- You will be provided with instructions for follow-up care at home, along with contact phone numbers to call if you have any questions or concerns after you leave the ASC.
- Because of the sedation, you may not drive, use power equipment, eat a heavy meal, sign important papers, make any important decisions, or stay by yourself until the day after your procedure.
- Any concerns following your procedure should be reported to your physician's office.

If Your Procedure Requires Pathology

PATHOLOGY

The pathologist will bill separately for their services, if tissue is removed during your procedure.

For questions regarding Pathology billing, please contact Brown and Associates at 713-559-6920.

For All Pediatric Patients

Instructions for Parents and Guardians

Before Your Child's Procedure

- Do not give your child anything to eat or drink after midnight without asking your physician.
- Please bring an extra set of clothes, diapers and wipes and your child's favorite toy or security item like a blanket or pacifier.
- Please plan on being in the ASC for three to four hours.
- Parents must stay for the entire time that your child is in the ASC.
- We do allow both parents to accompany the child into the pre-op and post-op areas.
- We do not allow parents into the operating room.
- We cannot allow siblings into the Pre-op or Post-op areas, so please make other arrangements for their care.

After Your Child's Procedure

- We will allow parents back into the post-op area once your child is awake, calm and comfortable.
- Please bring an empty sippy cup or an empty bottle for your child after their procedure.
- Please bring formula, milk or your child's favorite drink.

