

Welcome To Our  
Outpatient Surgery Department



### What Else Should I Know?

Cafeteria Hours:

Breakfast: 8:30 to 9:30 a.m.

Lunch: 11 a.m. to 1:15 p.m.

Dinner: 5 p.m. to 6 p.m.

Coffee is available at all times in the cafeteria.



 **SOUTH BALDWIN**  
REGIONAL MEDICAL CENTER

1613 North McKenzie Street

Foley, AL 36535

251-949-3400

[www.southbaldwinmc.com](http://www.southbaldwinmc.com)

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## Pre-Admit Instructions:

Your physician's office will schedule your pre-admission appointment. Please bring all of your medications with you to your appointment so that they can be recorded.

Call your surgeon if you develop a cold, flu or fever before your surgery.

## The Night Before Your Surgery:

Do not eat or drink anything (no gum, candy, mints or tobacco) after midnight the day before your surgery, unless instructed by your doctor or the pre-op nurse. (Not following these instructions could result in the delay or cancellation of your surgery.)

## The Day of Your Surgery:

- Shower or bathe with antibacterial soap.
- Unless you have been given other instructions by your doctor or the pre-op nurse, do not use body lotions or powder on the morning of surgery.
- Brushing your teeth is permitted.
- Take medications as ordered by your surgeon, with only a sip of water before coming to the hospital
- Leave your valuables at home. You will be asked to remove all jewelry including any body piercing. No pins or barrettes in hair.

- Enter the front of the hospital, proceed to the front desk.
- You will be asked to remove contact lenses, glasses, false teeth or partial plates before going into surgery.
- You can expect a one- to two-hour wait before your actual procedure. This allows the nurses time to complete your physical assessment, start your IV and draw additional lab work if necessary.
- Limit visitors to two per room.
- For infants, please bring diapers, formula and bottles. You may also want to bring a change of clothes/underwear, a favorite stuffed animal or blanket.
- No smoking or tobacco use on the premises.
- For your safety, we require you to have a responsible adult to drive you home. Cabs are not an acceptable alternative. Please make arrangements in advance. Surgery may be cancelled if you do not have an acceptable ride home.
- On the day of your surgery, you will be asked your name and date of birth many times. This is a precaution to ensure your safety and verify correct patient identification. Also, you will be asked the name of your surgeon, what type of procedure you are having and which part of the body will be operated on. Depending on the type of surgery you are having, the surgeon will identify the operative site with a skin marker. Again, this is to ensure your safety and correct identification.

*\*All patients 18 years old and younger must have a parent or guardian present from the time of admission until the time of discharge.*



## After Your Surgery:

- You will be observed for a short time after surgery for any pain or complications.
- Your pain level will be assessed and pain medication will be given accordingly.
- You will be given specific post-operative instructions about limitations, medications, bandages and return appointments.
- Once you have met discharge criteria, you will be discharged to your family member or friend.
- You are not to drive a vehicle or operate any type of machinery for 24 hours after surgery.

Outpatient surgery generally allows you to return home on the same day as the procedure so you get the benefit of quality care without an overnight stay. Although this type of care is common, these instructions will help make your procedure run as smoothly as possible. At South Baldwin Regional Medical Center we know the main focus is getting you treated and back home safely.

Should you require immediate treatment for a problem following your surgery, please contact your surgeon's answering service, or, in an emergency, call 9-1-1.