



NEW MEXICO SURGERY CENTER MULTI-SPECIALTY

A PRESBYTERIAN PARTNERSHIP

At Presbyterian Hospital

201 Cedar St. SE Ste. 7650

Albuquerque, NM 80716

www.nmscm.com

Phone: (505) 317-9444

Welcome to New Mexico Surgery Center Multi-Specialty. Information about our facility, how to prepare for your surgery, our contact information and all information detailed within this packet can also be found on our website. You may visit us online at www.nmscmultispecialty.com (website launch tentative: 1/20/2020).

Please read this letter in its entirety for important information regarding your surgical procedure.

Pre-Surgery Information:

- If you have any questions or concerns about your arrival time, please call New Mexico Surgery Center Multi-Specialty at (505) 317-9444.
- Registration personnel from New Mexico Surgery Center Multi-Specialty may call to review your insurance benefit information prior to your surgery date.
- Do NOT take any medications containing NSAIDs (Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Mobic) for seven (7) days prior to your procedure, unless instructed otherwise by your surgeon. If you have taken them, please contact your surgeon right away.
- Do NOT take Fish Oil, Vitamin E, Omega Fatty Acids, CO-Q-10, herbs, or weight loss supplements for seven (7) days prior to your procedure. If you have taken them, please contact your surgeon right away.
- If you take any blood thinning medications for your heart such as Aspirin, Coumadin, Plavix or Xarelto, please contact your cardiologist or primary care physician for guidance regarding when you should stop taking these medications.
- Please do not wear contacts to the Center. Glasses, dentures and hearing aids will be removed in pre-op prior to your surgery.
- Remove all jewelry and piercings. Leave ALL jewelry and valuables at home. The Center is not responsible for valuables.
- Wear loose fitting comfortable clothes and shoes (what you arrive in is what you will leave in).
- Please do NOT apply makeup, deodorant, creams, or lotions. Remove nail polish from fingers and toes.
- If you think you may be pregnant, please call the surgery center right away at (505) 317-9444. Females between ages 12-50 will need to give a urine sample for pregnancy testing upon admission.

DIETARY RESTRICTIONS: The following instructions are very important for your safety. If you do not follow these instructions, your procedure may be cancelled.

Do not eat or drink anything after midnight the night before your procedure.

- No gum, breath mints, hard candy or tobacco after midnight.
- Brush your teeth, rinse and spit without swallowing the water.
- Your prescription medications will be reviewed during the interview and *ONLY* those indicated may be taken with sips of water on the day of surgery.

WHAT TO BRING:

- Bring your payment (if applicable), insurance card, and a photo ID.
- Bring a case for glasses and dentures.
- Bring any slings, braces or other medical equipment already issued or previously in use.
- Bring your CPAP or other device if you have sleep apnea and use one at home.
- Bring your inhaler if you have asthma, COPD or any other condition that requires you use one.

Completing your Pre-Assessment Health History in Casetabs:

New Mexico Surgery Center Multi-Specialty offers patients the convenience and privacy of a secure, online health history pre-assessment. You should receive a text message or email from Casetabs no later than two weeks prior to your scheduled procedure. Please follow instructions via text or email to complete your health pre-assessment for your upcoming procedure. It is important to complete this in a timely matter to allow your medical team to review your information prior to your visit. We will call you if we have any questions or concerns.

If you do not have internet access, please contact us so a staff member can collect all necessary medical information prior to your procedure.

Post- Surgery Information:

- At the time of your discharge, it is **required** a responsible adult, over the age of 18, check in at the front desk and accompany you. **You may not drive for 24 hours following anesthesia.** If you receive general anesthesia or IV sedation for your procedure, you must have a responsible adult over the age of 18 remain with you for 24 hours following the procedure. Please tell your accompanying party they need to be available as soon as you are ready for discharge, they should not make any other appointments on the day of your procedure. ****Do not use public transportation (i.e. buses, taxis, Uber, Lyft etc.).**
- Some surgical procedures and/or anesthetics may temporarily affect your breathing in the post-operative period. Because of this, you may be required to receive supplemental oxygen for a few days while the effects of the surgical procedure/anesthetic wear off. If needed, please call us to provide you with information on home oxygen. Please note that you may be required to pay a portion of the fee unless this is a covered benefit of your insurance.
- Call your surgeon's office if you develop a cold, sore throat, fever or if any other illness occurs within 48 hours of your surgery.