



**WHERE:** 105 Addison Ave Palo Alto California 94301 (650 327-3232)

**DAY BEFORE SURGERY:** You may receive a call from AAASC staff to review your pre-operative instructions, which typically include arrival time and fasting instructions. You may also receive a call from your Anesthesiologist who will review your medical history and answer any questions you may have regarding the type of anesthesia you will receive. Fill your prescription medications prescribed. Confirm your plans to have a responsible adult take you home and stay with you after surgery.

**IN CASE OF ILLNESS:** If you develop a cold, cough, fever or other symptoms 1-2 days prior to surgery, please notify your physician immediately.

**PREGNANCY:** If you are pregnant or suspect you are pregnant please notify your surgeon immediately.

**MEDICATIONS:** If you normally take medications in the morning ask your doctor if you should take them the morning of surgery. Do not take any medication unless instructed to do so by your surgeon or the Anesthesiologist. If you are instructed to take your medication the morning of surgery take with as little water as possible. Notify your admitting nurse if medications have been taken.

**IF YOU ARE DIABETIC:** Please follow your physician's instructions about insulin or oral medications. Please bring your glucometer with you the morning of surgery.

**PERSONAL HYGIENE:** You may bathe or shower and brush your teeth before coming to the center. Avoid swallowing any water. Do not use perfumes, creams or lotions.

**CLOTHING:** Wear comfortable, loose-fitting clothing. Do not bring a pullover top. Choose a zip up or button up top. Wear easy to slip on shoes, no heels.

**HAIR:** Follow your surgeon's instructions regarding washing your hair. Do not use any clips or metal items in your hair.

**ARRIVAL TIME:** Please arrive 1 hour prior to your surgery start time unless AAASC staff or your surgeon tell you otherwise.

**WHAT DO I BRING:** Written orders from your surgeon  
Medications prescribed  
Drivers license or identification  
Insurance card  
Please leave all valuables at home, such a jewelry and cash

**VISITORS:** You may have one family member or friend stay with you before surgery. During surgery, visitors may wait in our surgery center waiting room. No small children please.

**AFTER SURGERY:** You are required to have a responsible adult to drive you home and stay with you after surgery. Uber, lift, taxi etc. is not a safe alternative and is not allowed.



**SUGGESTIONS, CONCERNS, GRIEVANCES:**

Persons who have a concern or grievance regarding Alma at Addison Surgery Center, including but not limited to, decisions regarding admission, treatment, discharge, denial of services, quality of services, courtesy of personnel or any other issue are encouraged to contact the Medical Director or write a statement to:

**Medical Director**

**David Lieberman, MD**

Alma at Addison Surgery Center  
105 Addison Ave  
Palo Alto, CA 94301

**California Department of Public Health**

[www.cdph.ca.gov](http://www.cdph.ca.gov)

**Office of the Medicare Beneficiary Ombudsman**

[www.medicare.gov](http://www.medicare.gov)

**PATIENT RIGHTS, ADVANCE DIRECTIVES AND SUGGESTION, CONCERN AND GRIEVANCE PROCEDURES ARE LOCATED ON OUR WEBSITE**

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

**TRANSLATION ASSISTANCE**

Assistance with language services is available and provided upon request at no additional charge. Translation services and provisions of written translation instructions are available. Please notify your surgeon, nurse, or any staff member. You can contact our office for further information

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

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**PROVISION OF AUXILIARY AIDS AND SERVICES FOR DISABILITIES**

Auxiliary aids and services are available upon request at no additional charge. Please notify your surgeon, nurse, or any staff member. You can contact our office for further information

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