



ADRIATICA

Women's Health

OB/GYN

# Preparing for Surgery

## Adriatica Women's Health

6609 Virginia Parkway  
Mckinney, TX 75071  
972-542-8884

2200 E. Proper Trail, Suite 10  
Prosper, TX 75078  
972-542-8884



# Key Dates

Once you have decided to have surgery, one of our surgery coordinators will call you to discuss the hospital and date of surgery. They may also give you a date for pre-admission testing (PAT) to be done at the hospital before surgery and an additional pre-op appointment at our office. Our billing department will also call you to discuss any financial responsibility you may have.

Pre-Op Testing Appointment:

Date:\_\_\_\_\_ Time:\_\_\_\_\_

Day of Surgery/Procedure

Date:\_\_\_\_\_ Time:\_\_\_\_\_

Date of Post-op Appointment

Date:\_\_\_\_\_ Time:\_\_\_\_\_

Surgery  
Coordinators

Tracey Thompson ext.154

Lazette Eley ext.158

Billing  
Coordinator

Meghan Windsor ext.156



# Hospitals

- Baylor Scott & White McKinney  
5252 W. University Dr./Highway 380  
McKinney, TX 75051  
469-765-6100
- Medical Center if McKinney  
4500 Medical Center Drive  
McKinney, TX 75069  
972-547-8000

# Anesthesia

Both Hospitals utilize Allen Anesthesia. You may receive a separate bill from them.

- Allen Anesthesia Associates  
972-747-5840

# Pre-admission Testing

You may need to have pre-admission testing prior to surgery. You can expect to be present at this appointment anywhere from 30 minutes to 2 hours depending on the required testing. Please bring the following items:

- Your insurance card and photo ID
- A list of all medications, including supplements, you are currently taking with dosing instructions
- An advance directive (if you have one)
- Autologous blood donor card, if applicable.





# Pre-operative Instructions



- DO NOT eat or drink after midnight the night before surgery, unless otherwise instructed by your physician or PAT nurse.
- If you have been instructed by your physician and PAT nurse, to take medication by mouth the morning of surgery, please swallow the smallest amount of water possible.
- If you have inhalers, bring them with you to surgery.
- Follow any instructions you have been given regarding the discontinuation of aspirin, anti-inflammatory meds, herbal medicines, phentermine, or other blood-thinning medications such as Coumadin, Plavix, Eliquis, Pradaxa, Savasysa, and Xarelto.
- You will be asked to remove dentures, partial plates, contact lenses, or any other prosthesis.
- Wear casual, loose-fitting clothes.
- Do not wear make-up, nail polish, or hairpins, Remove jewelry and piercings.
- Please leave all valuables at home including jewelry and cash.
- You MUST have a responsible adult accompany you home.
- Notify your surgeon prior to surgery if you experience a change in your physical condition, such as COVID, a cold, flu, bladder infection, or a fever.
- It is best to stop smoking **SIX** weeks before your surgery.
- If you use a CPAP at home, please bring the mask and tubing

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## What to Expect the Day of Surgery

Before surgery, a nurse will complete a physical assessment including taking vital signs and completing any preoperative workup that is required by your physician. The nurse will answer any questions you may have.

## Anesthesia

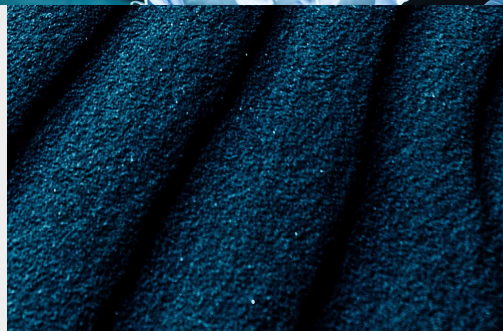
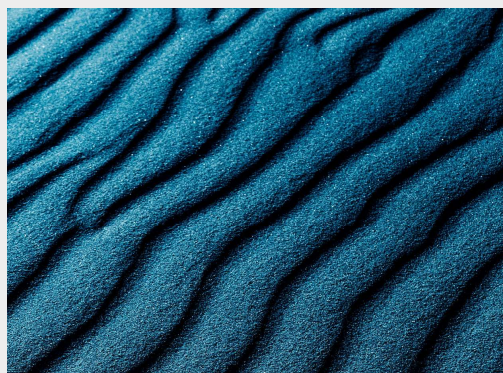
Anesthesia services are needed so that the physician can perform the surgery and involves measures to alleviate pain and anxiety. The anesthesiologist will discuss your anesthesia plan with you.

## Patient Safety

- You will receive armbands that will be checked several times to verify your identity & allergies.
- You may be involved with the physician to mark your surgical site.

## Family & Visitors

While you are in surgery, your family may wait in the Surgery Waiting Room. The hospitals are Wi-Fi accessible.



# After Surgery



- After surgery, you will be taken to the Post Anesthesia Care Unit.
- The surgeon will contact your family or loved one to let them know how you are doing. In the recovery room, noises are louder than usual.
- You may have blurred vision, chills, nausea, or dry mouth.
- Your surgery site may hurt or burn and pain medicine will be given to you.
- You may have a catheter in your bladder.
- If you require post-surgery hospitalization, you will be assigned a room and transferred when your condition allows.
- If you are released to recover at home, you will be monitored until we feel it is safe for you to leave. Upon discharge, you will receive written discharge instructions for your care at home.

## General Postoperative Instructions

Call us at 972-542-8884 if you experienced any of the following:

- A temperature greater than 100.4
- Profuse vaginal bleeding
- Severe abdominal pain
- Difficulty breathing or shortness of breath
- Pain in your calf or your leg

Do not immerse the incision in water.

Do not drive or have sex until your physician says it is safe to do so.

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# Thank You

Tracey A. Banks, MD

Lori Halderman, MD

Christi Kidd, MD

Dani Steining, MD

Michon McCloud, MD

Labeena Wajahat, MD

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