

Pre-Op Aspen Surgery Center

OB-GYN Specialists performs most of its outpatient surgery at Aspen Surgery Center, a part of John Muir Medical Center in Walnut Creek.

When you are scheduled for surgery, you will also be scheduled for a pre-op appointment at our office (unless you have been seen here very recently). At this appointment, we will discuss the procedure with you, and the risks, benefits and alternatives associated with it. We will also review your medical history and do a physical exam. Any questions you may have can be answered at this time. If you want another person to accompany you to this appointment, you are welcome to do so.

You will be instructed to have “nothing by mouth” for 8-hours before the surgery. This means no water or food at all, unless instructed otherwise. You may be instructed to have blood drawn within several days before the surgery. Frequently, a nurse from the surgery center will call you and give you additional instructions.

On the day of surgery, wear comfortable clothing. Please arrive an hour and a half prior to your procedure time. Bring your insurance card and a list of all your medications, and an inhaler if you ever use one. You will be registered and admitted, change into a gown and wait (with a family member or friend if you choose) in the Pre-op area. There, you will speak to several nurses and the anesthesiologist. An IV will be started and you will be escorted to the operating room.

The anesthesiologist will give you medications to relax you while attaching monitors and positioning you for the procedure. The next thing you know, you will be waking up in the Recovery Room.

In the Recovery Room, a nurse will be with you continually. She will give you pain medication if needed to keep you comfortable. When you are alert and stable after surgery, you will be discharged. Due to privacy concerns, family members are not allowed in the Post-op area. You will need someone to drive you home, as the sedating medications received during the procedure will still be in your system. You will receive a prescription for pain medication prior to discharge if you need it and have not received it pre-op.