

## We Believe...

- that patients and families are the center of our work.
- in creating a healthier community.
- that our staff is the source of our strength, that maintaining the best trained and customer-service oriented people results in better and more consistent patient care.
- in honesty, integrity, hard work and balance.
- in being the best at what we do.

Surgery Date: \_\_\_\_\_

Surgery Time: \_\_\_\_\_

Procedure: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The Pre Op nurse will notify you of your admit time.

### Directions From North County

From Southbound I-805, exit Telegraph Canyon Road East, which will become Otay Lakes Road. Continue east until you reach Lane Avenue, turn left. The building will be on your right hand side.

### Directions from East County

From I-8 West, merge onto I-805 South, exit Telegraph Canyon Road East, which will become Otay Lakes Road. Continue east until you reach Lane Avenue, turn left. The building will be on your right hand side.



PLEASE VISIT OUR WEBSITE AT  
[WWW.OTAYLAKESSURGERY.COM](http://WWW.OTAYLAKESSURGERY.COM)



**Otay Lakes Surgery Center**  
OUTPATIENT SURGERY CENTER



**Otay Lakes Surgery Center**  
**955 Lane Avenue, Ste. 100**  
**Chula Vista, CA 91914**  
**(619) 754-2260**

## Otay Lakes Surgery Center

Otay Lakes Surgery Center is an innovative multi-specialty Outpatient Surgery Center for the treatment of musculoskeletal injuries and chronic pain. Otay Lakes provides arthroscopic and minimally-invasive surgery, as well as traditional treatment techniques for spine, hand, and sports injuries. Our focus on musculoskeletal surgery and treatment makes us unique in our community. We are dedicated to providing you with the best care available.

### Things to Remember

By now you have discussed your procedure with your surgeon. Please continue to communicate with your doctor to assure that all of your questions and concerns have been answered to your satisfaction.

- Please arrive one and a half hours before your scheduled surgery time.
- Please bring any medications requested by the by pre-op nurse.
- Please notify your doctor prior to surgery if you experience any change in your physical condition, such as a cold or fever.
- Otay Lakes pre-op nurse will call you one to two days before your surgery to provide pre-op instructions. If you have not been contacted by 11:00a.m. of the day prior to surgery, please call Otay Lakes Surgery Center before noon.
- Please bring your health insurance, ID, prescription cards, any deposit, deductible, and/or co-payment for which you may be responsible, with you.

## The Evening Prior to Surgery

Please do not eat or drink anything (including water) after midnight the night before your surgery unless your pre-op nurse has given you special instructions. This is very important for your safety. If you do not follow these instructions, we may need to delay or reschedule your surgery.

If you are taking medications, please inform the pre-op nurse when she/he contacts you with your pre-op instructions. Do not smoke 24 hours prior to surgery.

## The Morning of Surgery

- Remember not to eat or drink anything unless you have special instructions from your pre-op nurse.

- Wear loose, comfortable clothing that is easily removed and will not bind your surgical site.

- Do not wear contact lenses. Please leave jewelry and valuables at home.

- Please arrive at Otay Lakes Surgery Center one and a half hours before your scheduled surgery. You will be asked to complete admission forms, sign consent and visit with the anesthesiologist.

- Please bring a friend or family member with you to drive you home and remain with you through the night.

## What to Expect After Surgery

- Your surgeon and the staff at Otay Lakes Surgery Center will provide you with written instructions for your post-operative care. Please follow these instructions carefully.

- Your nurse will call you after surgery to check on your condition. Please address with them any questions or concerns you may have.

- Your physician or nurse will assess the after-effects of surgery to monitor the progress of your recovery. They will address any issue that requires further investigation.

- Please limit your activities for a few days after your procedure. You should consult your physician prior to returning to work and resuming normal activities.

## Financial Policies

Unless prior arrangements have been made, please expect to pay any deductible, co-payments, or deposits, as required by your insurance and/or Otay Lakes Surgery Center. Payment may be made by cash, credit card, check or money order. The bill you receive from Otay Lakes Surgical Center will include charges for the operation and recovery room and any supplies or materials provided by the Center.

You will be billed separately by your surgeon, anesthesiologist, pathologist, and/or radiologist for their services.