

SSM St. Mary's Health Center

The information provided here gives a timeline of things to expect and actions to take before, during and after your surgery. In addition, please follow any specific instructions your physician gives you.

****A few days before surgery**

A nurse from the Surgery Center will call you at home and take a brief health history. Please tell the nurse if you have diabetes, heart disease, breathing problems, a need for supplemental oxygen, blindness, hearing loss or trouble walking by yourself. This information will help us plan for your safe care.

Make sure your physician knows whether you take Coumadin, aspirin or Persantine. Your physician may ask you to stop taking those medicines a few days before surgery.

****The night before your surgery**

It is very important that you have nothing to eat or drink after midnight. Please do not have any water, coffee, juice, gum or breath mints unless your physician gives you other instructions.

****The morning of your surgery**

DO take your heart, blood pressure, breathing, pain and seizure medicines. Use inhalers on your regular schedule.

DO NOT take insulin or other diabetes medicines.

Please bring all your medicines in their drugstore containers with you to the Surgery and Eye Center.

Wear comfortable, loose-fitting clothes. Please do not wear jewelry or makeup. Leave your purse or wallet at home, unless a family member can take care of them during your surgery. **Bring your insurance cards and a photo ID if you have one.**

****When you arrive**

We strongly encourage all patients to use the free valet parking available.

After you sign in at the registration desk, a staff member will show you where to change into your hospital gown. Eye surgery patients may receive eye drops from a nurse. You will have a chance to talk with the anesthesiologist.

****During your surgery**

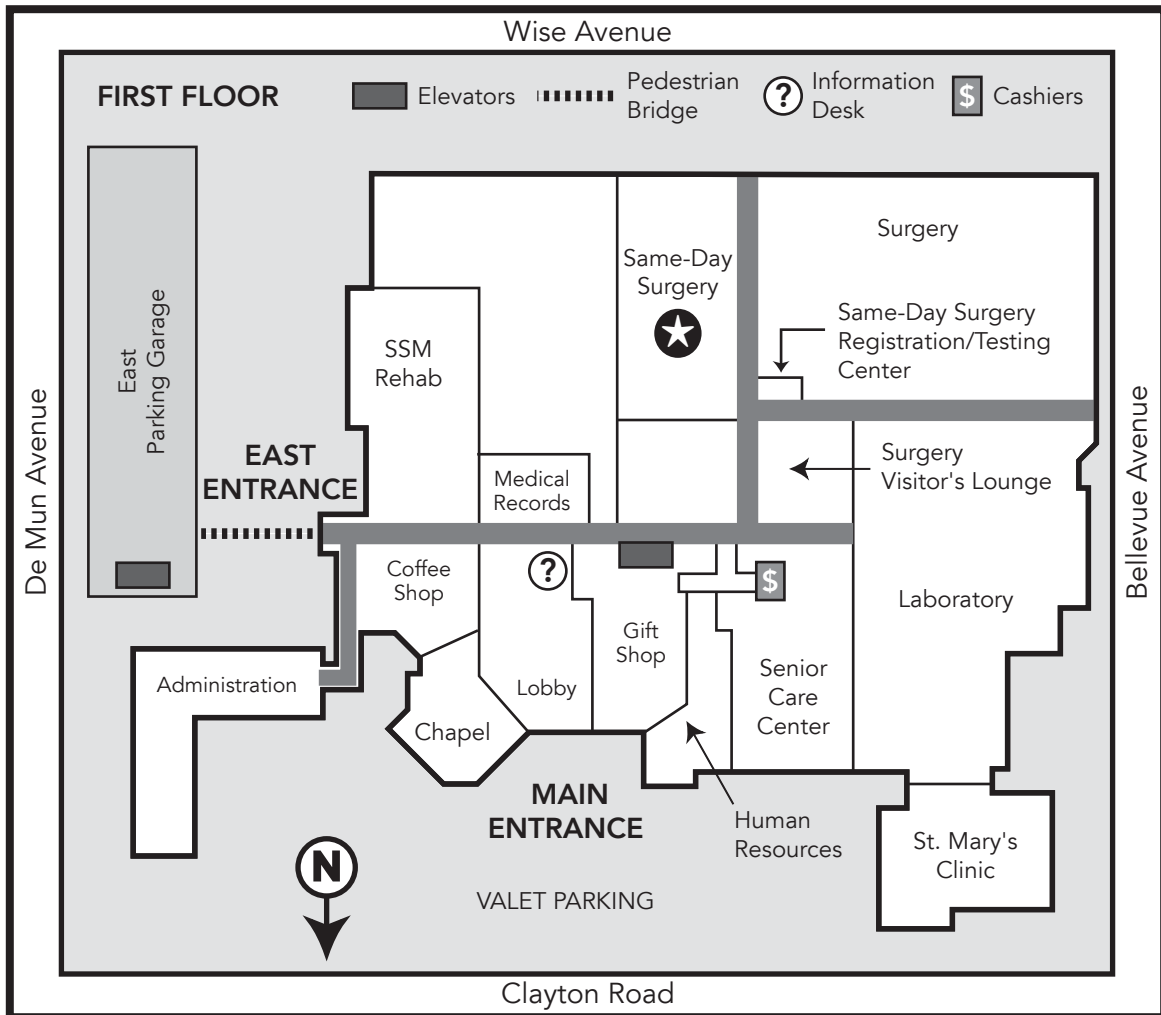
Visitors can wait in the lounge. It is important for you to have at least one person with you because you will not be able to drive after your surgery.

SSM St. Mary's Health Center

6420 Clayton Road

Richmond Heights, MO 63117

314-768-8000



Surgery Patients Should Park in the East Campus Garage or use Valet Parking

Name: _____ Date of Surgery: _____

Arrival Time: _____ Surgeon: _____

Hotel Information

Holiday Inn

5915 Wilson Avenue
St. Louis, MO 63110
314.645.0700 or
1.800.465.4329

Rate: \$\$

Amenities include:
restaurants and outdoor pool.

Cheshire Inn

6300 Clayton Road
St. Louis, MO 63117
314.647.7300

Rate: \$\$

Red Roof Inn

5823 Wilson Avenue
St. Louis, MO 63110
314.645.0101 or
1.800.843.7663

Rate: \$\$