



Preparing for
Same Day Surgery
Worcester Surgical Center

Worcester Surgical Center

Welcome

Thank you for choosing to have your own or your family member's upcoming surgical procedure with me. The Worcester Surgical Center has a dedicated Surgery and Post Anesthetic Care Unit that puts patients at ease, combining technology and the compassionate care of highly skilled medical and nursing staffs. You will meet your surgical team the day of your surgery. The team is led by me, and a Board Certified Anesthesiologist.

For your surgery, we have many highly trained staff members that include a Surgical Registered Nurse and a Certified Surgical Technologist or Scrub Nurse. There are many people working behind the scenes to make your surgery a safe, sterile, and pleasant experience.

After Surgery, you will be cared for in the Post Anesthetic Care Unit, also known as a Recovery Room. Specially trained nurses will assist and reassure you during your recovery phase. They will support you and help you understand your healing process. They will review any braces and equipment with you and your family, and be sure to give you written instructions from me regarding how to take care of yourself when you go home.

It is my goal that your stay at the Worcester Surgical Center will be a rewarding surgical experience that will begin the road to healing and recovery.

If there is anything I or my staff can do to make your visit, as a patient or a visitor, more pleasant please do not hesitate to ask.

Patient Instructions

- A Worcester Surgical Center representative will call you before the day of surgery to remind you of your preoperative instructions and to answer any questions you may have.
- If you are not going to be available by phone, please call the Worcester Surgical Center no later than the day before your surgery at:

508-754-0700.

- Please follow the specific preoperative instructions for eating and drinking given to you by the nurse or Anesthesiologist from the surgical center.
- You may take your medications as prescribed by your physician with sips of water. Check with your doctor regarding which medications you should and should not take on the morning of surgery.
- **Do Not** take any Aspirin, Ibuprofen, Advil®, Aleve®, Motrin®, or anti-inflammatory medications for 10 days prior to surgery.
- Non-aspirin medication, such as Tylenol is permitted.
- Blood thinning medications, such as Coumadin®, or Warfarin are usually stopped for several days before surgery. If you are on a blood thinning medication, please be sure to discuss this with your physician for instructions on stopping it prior to surgery.
- If you have had “heart valve surgery”, “stents”, “pacemaker”, or any type of “replacement” surgery, please inform your surgeon prior to the procedure.
- If you have any history of stents placed in your heart, please notify Dr. Desio.
- If you notice a change in your health as surgery approaches, including a cold, scratch or cut on or near the area to be operated on, **notify your physician.**
- Practice your postoperative exercises before your surgery, so you will be familiar with them.
- You will be given written postoperative instructions when you are ready to go home.

Before You Go to the Worcester Surgical Center

- Bring the appropriate insurance ID cards
- Bring a list of all medications you are currently taking
- Wear loose comfortable clothing
- Sweatpants or loose pants will be most comfortable
- Leave all valuables at home
- Arrange transportation for when you are discharged. You will **Not** be allowed to drive home
- If you wear contact lenses, bring the storage case and your glasses
- Arrive at the time specified during your preoperative phone call

DIRECTIONS TO WORCESTER SURGICAL CENTER

300 GROVE STREET
WORCESTER, MA 01605

PHONE: (508) 754-0700

FROM THE NORTH:

Take route 190 South to Exit 1 (Gold Star Boulevard / Route 12 South). Turn left at second light onto Grove Street. Worcester Surgical Center is the third building on the left.

FROM THE SOUTH:

Take Route 290 East to Exit 17 (Route 9 West). Turn left to Lincoln Square, and before first light turn right to Route 70 North. Bear left at fork onto Concord Street. Turn right at first light onto Grove Street. Worcester Surgical Center is located one mile ahead on right.

FROM THE EAST:

Take Route 9 West to Lincoln Square. Turn right off exit ramp to Route 70 North. Before the first light, bear left at fork onto Concord Street. Turn right at first light onto Grove Street. Worcester Surgical Center is located one mile ahead on right.

FROM THE WEST:

Take Route 9 east. Turn left onto Park Avenue. Follow Park Avenue and turn right onto Sagamore Road. Turn left onto Grove Street. Worcester Surgical Center is located one block ahead on the right.

***Please refer to the Worcester Surgical Center Brochure for
information regarding their facility.***

If you have any questions, please call:
Stephen M. Desio, M.D.
Office: (508) 363-6363