

Prepare for a Golden experience.

What to expect at Beverly Hills Golden Surgery Center.

We thank you for choosing Beverly Hills Golden Surgery Center for your procedure, and we welcome the opportunity to serve as part of your care team. Together with your surgeon, anesthesiologist, nurses, and other health care professionals, we're here to support you through every step.

If you're visiting Beverly Hills Golden Surgery Center from out of town, our concierge will be delighted to assist with hotel accommodations, aftercare facilities, and any other arrangements you may need during your stay.

Before Your Procedure

By following these instructions and asking any other questions you may have, you're setting yourself up for the successful experience you desire – and the recovery you deserve.

- Please review all materials your surgeon has provided, and be sure that you've taken the time to ask any questions you may have.
- Arrange for a responsible adult age 18 or older to accompany you on the day of your procedure and drive you home, to your hotel, or to your aftercare facility. Depending on the length of your procedure and other factors, we will be happy to assist with recommendations for your companion's time as well.
- If you experience any changes in your physical condition, such as cold symptoms or fever, notify your surgeon as soon as possible. For the safety and protection of our surgeons, staff, and other patients, we reserve the right to refuse treatment to a patient exhibiting symptoms that may be contagious.
- In the days leading up to your surgery, including the day and night before, please follow your surgeon's instructions precisely, including those relating to eating and drinking. Failing to follow those instructions could result in rescheduling.

The Day of Your Procedure

- The morning of your procedure, take any daily medications in accordance with your surgeon's instructions.
- We suggest wearing loose-fitting, comfortable clothing that will be easy to remove and put on again after your procedure.
- It is generally a good idea to avoid wearing makeup, fragrance, body oils, and lotions, as these can interfere with your practitioner's ability to monitor your condition.
- Please plan to arrive at Beverly Hills Golden Surgery Center at the time provided by our staff the night before the procedure.
- Bring your insurance card, photo ID, and any other relevant documents with you, along with any equipment or items your surgeon has requested.
- Please bring a list of all medications, including prescription, over-the-counter, supplements, herbal medications, homeopathic remedies, and so forth - even if you've already provided it to your surgeon.
- For your safety during your procedure, please remove all piercings and other body ornamentation, including nipple, genital, and other intimate body piercings or metal adornments.
- Please leave all valuables at home, including rings, other jewelry, and cash. Our staff is entirely focused on your comfort and care, and we cannot be responsible for lost or damaged property.
- If you wear glasses, contact lenses, dentures, or bridgework, please bring the necessary cases for storage during your procedure.

After Your Arrival

While every procedure is different, these are some of the things you can expect once you've arrived:

- Once you have arrived, we'll notify your nurse that you have arrived. We will escort you to a changing room and provide you with a gown, cap, and socks. For your convenience, we provide a secure locker for small personal belongings.
- You'll meet your nursing team and your anesthesiologist, who has chosen the best anesthesia approach for you based on your medical history, physical evaluation, and your planned procedure.
- Your nursing team will ensure you're warm and comfortable. Your surgeon will come greet you as well, review your procedure, and answer any additional questions you may have.
- Monitors will be applied to measure your heart rate, respirations, blood pressure, and the amount of oxygen in your blood.

REST ASSURED / Throughout the process, you may be asked many of the same questions you've already answered, including your name, medications you take, any allergies, and the location and nature of your procedure. This repetition is a standard surgical safety practice, and your care team appreciates your patience as they confirm the information.

After Your Procedure

Before we discharge you from the Golden Surgery Center, we'll work with your surgeon to provide all necessary written instructions for your care.

- Depending on the anesthesia used during your procedure, you may feel sleepy, lightheaded, or dizzy, and may experience discomfort for several hours after your procedure.
- We will release you to your adult companion and communicate with them about your immediate care needs in the hours and days following your procedure.
- In the event you have elected to recover at a medical aftercare facility, we will coordinate with them and with your surgeon as needed to ensure a smooth transfer of care.
- After you have returned home, be sure to follow your surgeon's and other practitioners' orders regarding rest, physical activity, medication, and nutrition.
- If you have any questions or concerns after your procedure, please contact your surgeon immediately.

REMINDER / While you should follow all surgical instructions closely, we generally recommend that patients refrain from: operating a vehicle, drinking alcohol, smoking or vaping, signing important documents, or making significant decisions until after you have recovered.

Your safety, comfort, and peace of mind are of the utmost importance. Should you have any concerns at all after surgery, please contact your surgeon or other medical providers immediately. It is common for new questions to arise during the healing process, and your team expects and welcomes them.

Thank you for choosing Beverly Hills Golden Surgery Center.

