

OUTPATIENT SURGERY AT  
UT SOUTHWESTERN  
MEDICAL CENTER

# Outpatient Surgery

**UT SOUTHWESTERN**  
MEDICAL CENTER



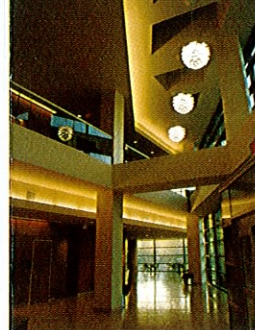
## ABOUT OUTPATIENT SURGERY

UT SOUTHWESTERN MEDICAL CENTER'S OUTPATIENT SURGERY IS A NEW, STATE-OF-THE-ART SURGICAL FACILITY, DEDICATED TO PROVIDING THE BEST IN SURGICAL SERVICES WITH THE PERSONAL CARE AND CONVENIENCE OF A SMALL FACILITY. IT IS LOCATED IN UT SOUTHWESTERN'S OUTPATIENT BUILDING, WHICH ALSO HOUSES CLINICS, ACADEMIC OFFICES, IMAGING AND LABORATORY SERVICES. LOCATED AT 1801 INWOOD ROAD IN DALLAS, ADJACENT TO UT SOUTHWESTERN'S UNIVERSITY HOSPITAL - ST. PAUL, THE 30,000 SQUARE-FOOT OUTPATIENT SURGERY FLOOR OFFERS OUR PATIENTS WORLD-CLASS FACILITIES, INCLUDING EIGHT OPERATING SUITES AND FIVE PROCEDURE ROOMS.

OTHER SERVICES PROVIDED IN THE OUTPATIENT BUILDING TO MAKE A PATIENT'S STAY AS COMFORTABLE AS POSSIBLE INCLUDE:

- PATIENT AND GUEST SERVICES, FOR HELP IN ARRANGING A WHEELCHAIR OR OTHER SPECIAL ASSISTANCE
- MEDALLION GUEST SUITES FOR OVERNIGHT STAY IF NECESSARY
- FIRST FLOOR CAFÉ
- VALET PARKING
- SELF-PARKING IN COVERED GARAGE

*UT Southwestern Medical Center and its hospital-affiliated clinics are smoke-free institutions. Smoking is not permitted in any of the facilities or on medical center grounds.*



## state-of-the-Art

OUR PHYSICIANS TREAT A VARIETY OF PATIENTS, MANY WITH THE MOST COMPLEX OF DISEASES. PATIENTS BENEFIT FROM OUR ADVANCED TECHNOLOGIES IN IMAGING, EXPERTISE IN MINIMALLY INVASIVE SURGERY, AND OUTSTANDING REPUTATION AS A LEADER IN CANCER, CARDIOVASCULAR CARE AND NEUROLOGY, ACCOUNTING ANNUALLY FOR MORE THAN 500,000 PATIENT VISITS AND MORE THAN 20,000 HOSPITAL ADMISSIONS TO UT SOUTHWESTERN'S HOSPITAL.

### BENEFITS OF UT SOUTHWESTERN'S OUTPATIENT SURGERY

Outpatient surgery offers an effective, quality alternative to more costly and time-consuming inpatient surgery. Our state-of-the-art facility was specifically designed with the comfort and convenience of our patients in mind. New equipment, procedures and fast-acting anesthetics speed recovery time and expedite your return to normal activities.

### PHYSICIANS AND STAFF

Many of UT Southwestern's respected surgeons, committed to offering their patients the highest quality care, operate at UT Southwestern's Outpatient Surgery.

With one of the lowest patient-to-staff ratios in the area, our health-care professionals and staff play a key role in the successful outcomes of our patients. The Outpatient Surgery staff is highly qualified, professional, and caring. All nursing staff is Advanced Cardiac Life Support certified.

### LOCATION AND HOURS

Outpatient Surgery is on the second floor of the Outpatient Surgery Building. The hours are Monday through Friday, 6 a.m. to 5 p.m.

### DRIVING DIRECTIONS

From I-35 exit Inwood Rd., go east on Inwood Rd. to Southwestern Medical Ave. and take a left, then follow the parking instructions.

### PARKING

Parking for Outpatient Surgery is located in parking garage W-1, across Medical Center Drive. Valet parking is also available 6 a.m. to 6 p.m. for a nominal fee.

## PREPARING FOR SURGERY

The care and comfort of patients is very important to the Outpatient Surgery physicians and staff. We also understand that there is preparation physically and emotionally for surgery. Please take a few minutes to read the information, and unless otherwise directed by your physician, follow the guidelines below.

### BEFORE SURGERY

- Do not eat or drink anything (including water), smoke or chew gum after midnight the night before your surgery. To do so might cause unnecessary complications during and after your surgery. *NOTE: If you are taking medication for asthma, blood pressure, diabetes, cardiac reasons or blood thinners, please consult your physician on taking these medicines prior to surgery.*
- Notify your physician prior to your surgery if you are taking any medications, including over the counter medications such as aspirin, ibuprofen or herbal supplements. Also, bring a complete list of the medications you are taking with you on the day of your surgery. Inform your physician and pre-operative nurse regarding any treatments or equipment currently being used at home.
- You may brush your teeth the morning of your surgery but do not swallow any water.
- Do not wear contact lenses on the day of your surgery. You may wear dentures and eyeglasses until you are prepared by the nurse for surgery.
- Wear loose-fitted clothing that can be easily folded and stored; front-button shirts are preferred.
- Please be prepared to make payment for co-pay or deductible, if not already met.
- Bring your insurance card and driver's license or other government issued ID on the day of your surgery.
- Leave all jewelry and valuables at home.
- Please limit visitors to one or two adults.
- Make arrangements for someone to be with you during your procedure, as well as someone to drive you home. You will not be allowed to leave the facility alone.

### THE DAY OF SURGERY

- Unless otherwise specified by your physician, plan to arrive at Outpatient Surgery one and a half hour prior to your scheduled surgery.
- Be prepared to sign consent forms and complete admission paperwork.
- A registered nurse will conduct an initial questionnaire and verify the procedure and site to prepare you for surgery.
- You will be given the opportunity to discuss your anesthesia options prior to your procedure. We encourage you to ask questions or express any concerns you might have at that time.



- Depending upon the type of anesthesia you receive, you may go to the recovery room after surgery where you will be closely monitored by a registered nurse for approximately 30 minutes to an hour. Actual recovery time is different for each individual.
- Next you will be moved to another area where your family will join you. You will be observed there by the nursing staff prior to going home.
- We will assess any discomfort you have by asking you to rate your pain on a 0 to 10 basis, with 0 being no pain and 10 being the worst pain you have experienced. This allows us to appropriately treat your discomfort and assess the effectiveness of any medications you are receiving.
- If you are scheduled to go home the day of surgery, you will be assessed by a registered nurse prior to discharge to assure that you have met our requirements for discharge. Please ask any questions or express any concerns at this time to enable us to be sure you and your family are well informed about your post operative care and are confident leaving our facility. You will be escorted to your car by one of our staff.

#### AFTER SURGERY

- You will not be permitted to drive after surgery. You must make arrangements for transportation home prior to surgery.
- Do not drive, operate machines, drink alcoholic beverages, or take medications other than those prescribed by your physician for at least 24 hours after your release.
- It is normal to feel dizzy and sleepy for several hours after your surgery. It is best to have someone home with you for the first 24 hours after your dismissal.
- Do not sign any important papers or make critical decisions until the effects of anesthesia have worn off.
- Your physician will give you instructions on your diet after surgery. It is generally recommended that you begin with mild, non-spicy foods and return to your normal diet as tolerated.
- If you have a dressing, keep it clean and dry. Change dressings as instructed by your physician.
- Your physician will give you specific instructions for after surgery care. Any questions and concerns following surgery should be addressed by your physician.
- Contact your physician immediately if you experience any of the following:
  - > Fever over 101 degrees Fahrenheit
  - > Nausea with excessive vomiting (three or more times)
  - > Pain not relieved by pain medications
  - > Inability to urinate

## SOUTHWESTERN MEDICAL DISTRICT

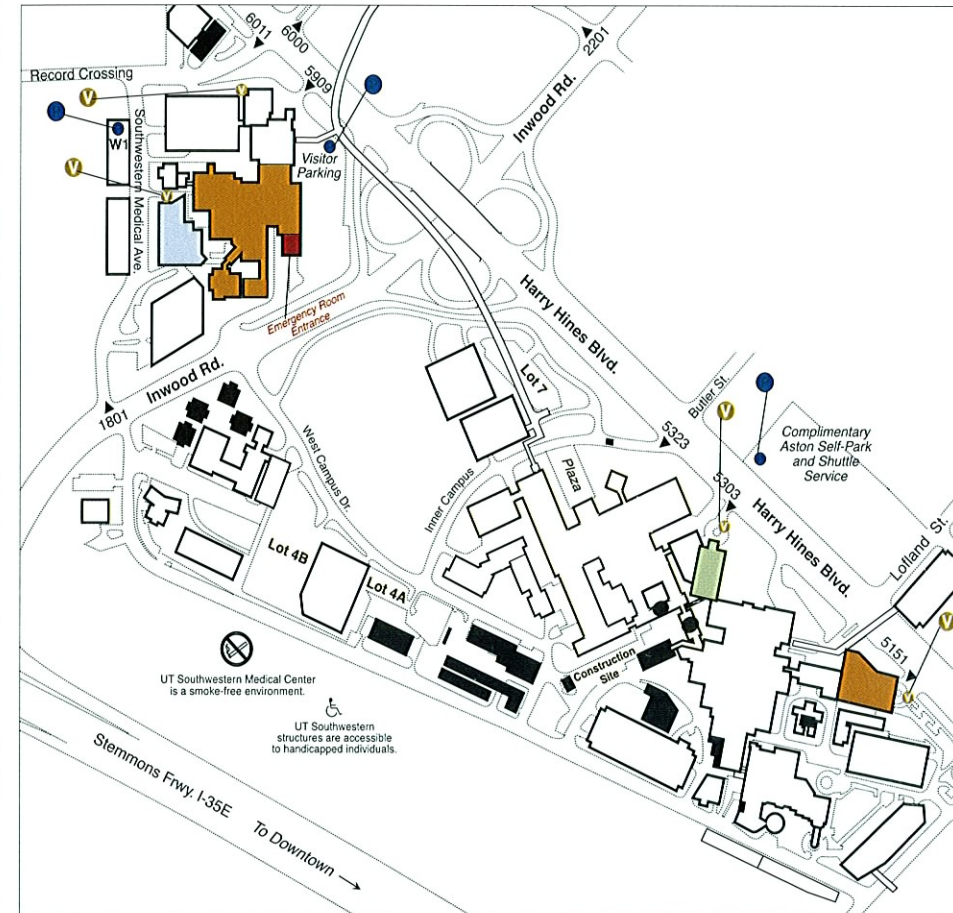
**Outpatient Surgery**  
Located in Outpatient Building  
1801 Inwood Road at  
Southwestern Medical Ave.

**University Hospitals:**  
**St. Paul**  
5909 Harry Hines Blvd.

**Aston Clinical Building**  
5303 Harry Hines Blvd.

**Zale Lipshy**  
5151 Harry Hines Blvd.

**V** Valet Parking  
**P** Visitor Parking



#### OUTPATIENT SURGERY

1801 Inwood Road at Southwestern Medical Ave. / 2nd Floor / Dallas, TX 75390-9226

Phone: 214-645-6730 / Fax: 214-645-3397

[www.utsouthwestern.edu](http://www.utsouthwestern.edu)