

Patient Procedure Guide

Welcome to Palmetto Lakes Surgical Center.

Our goal is to make your surgical experience feel safe, informed, and supported from preparation through recovery.

1–2 Days Before Your Surgery

- ✓ A registered nurse will call to review medical history, medications, and instructions.
- ✓ You'll receive a text confirming surgery date and details.
- ✓ Tell us about recent cold, fever, infection, or health concern.
- ✓ Let us know if you need special assistance such as wheelchair access or interpreter.

Eating & Drinking Guidelines

AFTER MIDNIGHT:

Nothing to eat or drink, including water.
No gum, candy, or mints.
No smoking.



Preparing for Your Procedure

- ✓ Stop aspirin, ibuprofen, blood thinners, and similar medications 1 week prior unless your physician directs otherwise.
- ✓ Stop GLP-1 medications 7–10 days before surgery.
- ✓ If using a GLP-1 medication, follow a liquid-only diet the day before surgery.
- ✓ Complete required pre-op testing in advance: labs, EKG, imaging, medical clearance.

Parking

Visitor parking is available on the west side of the building in any non-reserved space.

Plan Your Ride Home

Please arrange for a responsible adult to drive you home after surgery. **This is required for discharge.**

Day of Surgery

Before Leaving Home

- ✓ Government-issued photo ID
- ✓ Insurance card
- ✓ Comfortable, loose-fitting clothing
- ✓ No makeup, jewelry, or nail polish
- ✓ Wear glasses instead of contact lenses
- ✓ Take only approved medications with a small sip of water, as instructed



PLAN FOR APPROXIMATELY 3-5 HOURS.

Total time may vary depending on procedure and medical needs.

Continuing Your Care at Home

- ✓ Follow all instructions from your doctor/surgeon's office.
- ✓ Contact your surgeon for fever, severe pain, bleeding, or other concerns.
- ✓ Palmetto Lakes Surgical Center will follow up the next business day.

For an emergency, call 911 or go to the nearest emergency room.

Questions Before Your Procedure?

If anything about your preparation is unclear, please contact your physician's office or Palmetto Lakes Surgical Center before your scheduled procedure.

CALL 305-403-2560

FAX 786-439-2282

EMAIL info@plsurgicalcenter.com

WEB www.plsurgicalcenter.com

What to Expect

01

Arrival & Registration —
check in and provide ID and insurance information.

02

Pre-Op & Surgical Preparation —
clinical preparation and meet with anesthesia/doctor team.

03

Your Procedure —
your surgical team cares for you; loved ones are updated as appropriate.

04

Recovery —
recover in the Post-Anesthesia Care Unit (PACU) under clinical supervision.

05

Going Home —
receive detailed discharge, medication, follow-up, and home recovery instructions.

Payment Options: CareCredit • Cherry • Debit/Credit Card



We'll Keep You Connected.

While you are in our care, our team will help keep your loved ones informed throughout your visit.



AT YOUR SERVICE

Scan the QR code to connect with our concierge line, our Front Desk team is available to help.

EST.  2008

Palmetto Lakes
Surgical Center

2100 West 76th St, Suite 101, Hialeah, FL 33016