

Orthopaedic
Surgery
Center
of La Jolla





Orthopaedic Surgery Center of La Jolla

The Orthopaedic Surgery Center of La Jolla is a leader in the treatment of musculoskeletal injury and chronic pain. The Center offers a full range of surgical services from minimally-invasive spine procedures, arthroscopic and reconstructive orthopedic surgery, and cutting edge treatments for chronic pain. Our commitment to providing the best-trained orthopedic and pain management staff and equipment makes our center unique. Our dedication to providing our patients with the best quality care and customer service makes our center exceptional.

On behalf of the staff and physicians, we hope you have a pleasant experience at the Orthopaedic Surgery Center of La Jolla.



Things To Remember

By now you have discussed your procedure with your surgeon. Please continue to communicate with your doctor to assure that all of your questions and concerns have been answered to your satisfaction.

One of our nurses will contact you at least one day prior to your procedure. If you have not heard from us by 2PM the day before the procedure, please call the center at: 858.657.0055 to receive pre-operative instructions.

Please arrive one hour prior to your scheduled surgery. Bring any medications requested by the Pre-Op Nurse.

Please notify your doctor prior to surgery if you experience any change in your physical condition, such as a cold or a fever.

Please bring your health insurance card, prescription cards, and any deposit and/or co-payment for which you may be responsible.

Remember: You must have a friend or family member to drive you home after surgery and remain with you through the night. If this is a problem, please notify your doctor or the Pre-Op Nurse.

Evening Prior to Surgery

Please do not eat or drink anything (including water, gum, & candy) after midnight the night before your surgery, unless your Pre-Op Nurse has given you special instructions. This is very important for your safety. If you do not follow these instructions, we may need to delay or reschedule your surgery.

If you are taking medications, please inform the Pre-Op Nurse when she contacts you with your Pre-Op Instructions.

Morning of Surgery

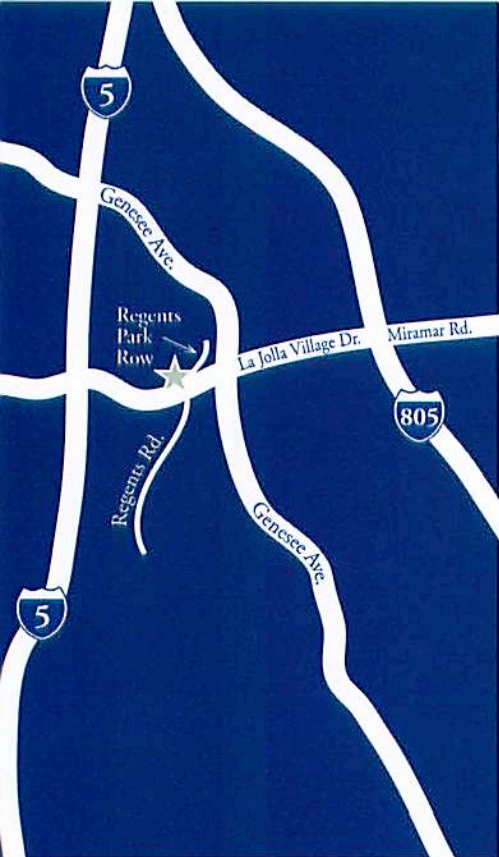
Remember not to eat or drink anything unless you have special instructions from your Pre-Op Nurse.

Wear loose, comfortable clothing that is easily removed and will not bind your surgical site.

Do not wear contact lenses or jewelry. Leave all valuables at home.

Please arrive at the surgery center one hour prior to your scheduled surgery. You will be asked to complete admissions forms, sign consents, and visit with an anesthesiologist.

Please bring a family member or friend who can drive you home and remain with you through the night.



Surgery Date: _____

Surgery Time: _____

Procedure: _____

Surgeon: _____

Please arrive at the surgery center one hour prior to your surgery time.

The Pre-Op Nurse will contact you at least one day prior to your surgery. If you do not receive a call by 2PM the day before surgery, please call the surgery center at 858.657.0055.

From Downtown San Diego

Take I-5 North, Exit La Jolla Village Drive (eastbound), Turn left at Regents Road, Immediately turn right onto Regents Park Row. We are the first building on the right-hand side.

From North County Coastal

Take I-5 South, Exit La Jolla Village Drive (eastbound), Turn left at Regents Road, Immediately turn right onto Regents Park Row. We are the first building on the right-hand side.

From I-805

Take La Jolla Village Drive (westbound), Turn right at Regents Road, Immediately turn right onto Regents Park Row. We are the first building on the right-hand side.

We Look
Forward To
Serving You
