



Patient care guide

Surgical intervention **with admission**



Clínica **CreuBlanca**⁺
Barcelona

Av. J.V Foix 71 / P. Reina Elisenda 17
08034 Barcelona
T. 93 252 25 22

Welcome to Clínica CreuBlanca

Dear patient,

The health and care of people are our reason for being. For this reason, we are pleased to accompany you in your next surgical intervention, putting at your disposal a large and interdisciplinary team of top-level professionals who will ensure at all times to offer you humane and quality care.

We thank you in advance for the trust you have placed in us, wishing you a pleasant stay at our clinic and a speedy recovery.


The surgical team
CreuBlanca⁺


CreuBlanca⁺



Previously at admission

If you need any clarification before admission, you can contact our Admissions Department

 932 522 523

 quirofanos@creublanca.es

Documentation and requirements

- The days prior to admission, gather all the medical evidence related to the intervention and the preoperative reports requested by your surgeon (analysis, ECG, pre-anesthetic study, etc.)
- If you belong to an insurance company, you must deliver the authorization from your mutual printed or send it previously to quirofanos@creublanca.es
- Come with your ID or passport.
- Bring your insurance card with you, if applicable.
- Deliver signed informed consent. Only if you have been given it previously, otherwise you will be able to sign it at the clinic before the intervention.
- Come with a companion.

Medication

- Before the intervention, you must fast for 6 hours, both solid and liquid.
- It is recommended, one week before surgery, to refrain from smoking and drinking alcohol, like any other toxic habit. Depending on the toxic habit, consult with your referral surgeon or in the pre-anesthetic consultation.
- If you take medication, you should consult with your doctor how to proceed. Come with a list and a bag with your usual medication, write down on the list the times of each intake and remember to indicate if you have any type of allergy or intolerance (medications, food, latex, etc.)
- You must take your usual medication until the time of admission, provided the anesthetist or surgeon does not indicate otherwise. If in the pre-surgery consultation you were told to take some type of drug, you can take it with a sip of water.
- If you suffer from bronchopulmonary involvement, continue with your inhalers, including the day of surgery.
- Contact us if you have any type of eventuality in the days prior to your admission (fever, cold, infections or dental problems, etc.)
- If you perform a trauma intervention that requires orthopedic material, you can bring it or you will be charged at the Clinic (immobilizers, crutches, orthopedic shoes, girdles...)

Items for personal use

- We suggest you leave jewelry, watches, piercings and other valuables at home. CreuBlanca is not responsible in case of loss or deterioration of the same.
- You must come showered and clean. In addition, depending on the type of surgery and the area to be operated on, it is necessary and important to SHAVE the area the day before surgery.
- Do not use body creams or lotions, or perfumes.
- Come without makeup and without lipstick. Remove nail polish, gel or acrylic nails.
- Remove dentures, bridges, contact lenses, and hearing aids.
- On the day of the intervention, wear comfortable clothes. Prepare a bag with pyjamas, closed slippers, underwear and a toiletry bag with your usual personal hygiene items (toothbrush, comb, etc.)



Clínica CreuBlanca⁺ Barcelona

The center has in its facilities:

- On-site parking
- Cafe and restaurant

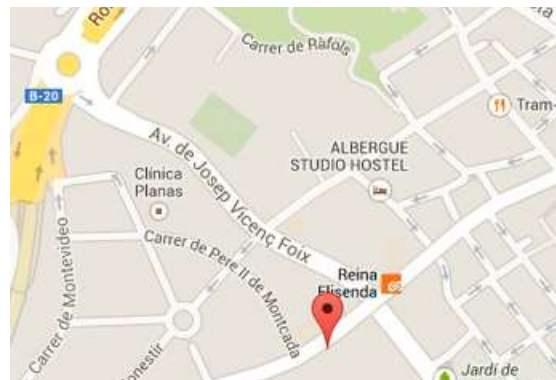
The day of admission

Admission

- Arrive 2 hours before the time of the intervention.
- Access Clínica CreuBlanca Barcelona through the Av. J. V. Foix, 63 entrance.
- Go to Surgical Admissions (floor 0) to complete all administrative procedures.

How to get to Clínica CreuBlanca?

 Bus: V3, V7, H4, 68  FGC: Reina Elisenda, exit J. V. Foix.



Hospital discharge

At the time the doctor discharges you from the hospital, the health personnel will give you the post-surgical recommendations to follow:

- Indications and care guidelines that you must follow at home (medication, intake, schedules, etc.)
- Indications and guidelines on rehabilitation, if applicable.
- Appointment date to book with the surgeon. Manage appointment booking with our Surgical Admissions staff.

Step by step of your surgical intervention

We share a video where we explain the steps to follow on the day of the intervention.

