

# MOS >>>>

MAJOR OUTPATIENT SURGERY UNIT



**GP** GRUPO  
POLICLÍNICA

**VP** CLÍNICA  
VILAPARC

## INDEX

Welcome .....	3
General recommendations .....	4
Recommendations before procedure .....	5
Day of the surgery. Hospital admission .....	6
Day of the surgery. Procedure finalisation .....	6
Day of the surgery. Hospital discharge .....	6
Home recommendations .....	7
Contact number.....	7



## WELCOME



Welcome to the Major Outpatient Surgery Unit (CMA for its acronym in Spanish and hereinafter referred to as MOS).

This unit allows the patient to be treated safely and efficiently without the need for hospitalisation and the use of a hospital bed and returning the patient home as soon as possible while maintaining the quality of the surgical procedure.

During your short hospital stay, you will always be cared for by nursing professionals, highly qualified in providing the best post-operative care, ensuring a safe and satisfying recovery in your home.

If, for any reason, the patient should require further care after the procedure, the patient will be admitted for as long as necessary until complete recovery.

In this document, you will find general information to facilitate your incorporation as a user of the MOS.

Compliance with these recommendations impacts the smooth running of the unit and the health of all our patients.

We hope that your stay with us will be as comfortable as possible. To achieve this, we put all our resources at your disposal.



## GENERAL RECOMMENDATIONS

---

To ensure the best possible service and care, there are basic rules that should be respected by patients and visitors alike.

Family members and accompanying persons do not have access to the surgery room.



Please use the waiting room which is at your disposal during the procedure.

Maintain a soft tone of voice and control the volume of mobile phones.



Do not bring valuables. Policlínica Nuestra Señora del Rosario will not be held responsible for their loss in any case.

Smoking is forbidden in all the hospital precinct.



It is not permitted to bring food or beverage to patients as it may interfere with the diet prescribed by the doctor.

Patients may receive visitors following the internal rules of the hospital. If necessary, access for family members and accompanying persons may be restricted.



Cooperate with the staff in everything they tell you for the proper functioning of the service.

## Recommendations before the procedure



- ▶ You should stop smoking 24 hours before the procedure. To reduce post-operative risks, it is advised to stop smoking one week before.
- ▶ You may follow your usual diet the evening before and, if possible, drink some milk or juices around midnight to tolerate the fast well. You should not have anything (water, chewing gum or sweets) 6 hours before the scheduled time of surgery.
- ▶ If you are taking medication, take only the prescribed medication with a sip of water, as instructed by the anaesthetist during your consultation.

▶ Remember that **you must come with an identification document** ID card, passport, driving license, etc.) **and your health insurance card.**

- ▶ You must always be accompanied by a family member or adult friend with a mobile phone.
- ▶ On the morning of the surgery, perform your daily hygiene with precision and care. You can brush your teeth.
- ▶ If you have dental implants or hearing aids or any other prostheses that are not fixed (such as bridges, contact lenses, etc.), they must be removed before entering the operating theatre.
- ▶ Do not wear make-up, nail polish, contact lenses or other metallic objects, and valuables (earrings, rings, watches, etc.)
- ▶ On the day of the surgery, bring all your usual medication with you.
- ▶ If you are registered in the Spanish Social Security system, your primary care doctor (IBSALUT) will arrange sick leave if necessary.

## DAY OF THE SURGERY

---

### Hospital admission

You must come at the time indicated by our Patient Care department for the surgery.

At Policlínica Nuestra Señora del Rosario: access will be through the main reception; once there you must wait to be seen by the MOS receptionist.

If your surgery is at Clínica Vila Parc, access will be through the Emergency reception (Ground Floor 0).

The time of surgery is a guideline, as the duration and complexity of each process can change.

### Procedure finalisation

Upon finalising the procedure, the surgeon will inform your relatives of the outcome of the surgery. In the meantime, you will be taken to the Post Anaesthesia Recovery Unit (PACU) inside the surgery room.

Once the necessary time has elapsed, you will be transferred to your assigned room.

### Hospital discharge

If you meet all the criteria for discharge, you will be able to return home after a few hours.

You will be given a medical discharge report, recommendations to follow at home, prescriptions (if necessary) and appointments with a nurse and specialist.

The following day, the nurse in charge of the MOS Unit will contact you for a telephone consultation.



## HOME recommendations

▶ A relative or accompanying person should be responsible for your transfer home.

▶ **Rest. You should remain in relative rest** without engaging in dangerous activities or activities that require concentration or decision-making. You should be aware that your mobility and stamina will be reduced for several days after the operation. Do not expect to lead a normal life before 6-8 days, depending on the type of operation you have undergone.

▶ Treatment related to your surgery (described in the hospital discharge report) sometimes includes analgesics, antibiotics and anticoagulants, so be sure to take them as instructed by your doctor. If you take regular medication, start taking it according to the usual regimen.

▶ **Diet. Do not eat large meals.** Several small meals are preferable. Follow the instructions given by your specialist.

▶ **Avoid having people in your care** who are dependent on you.

▶ The information regarding the care of the surgical wound will depend on the type of procedure.

The MOS nurse will have given you instructions on how to proceed in your specific case.

## QUESTIONS

### Before the procedure

Should you have any questions before the procedure, you can book a phone appointment with the MOS nurse calling our appointment number:

**+34 971 302 354**



### During home recovery

There is a 24/7 telephone number that you can ring.

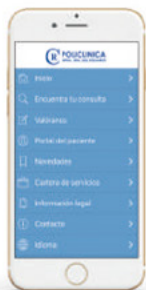
**+34 971 301 916**

**EXTENSION 100**

# GRUPO POLICLÍNICA



**Grupo Policlínica**  
always by your side.



**APP GRUPO POLICLÍNICA:** Download our app on your mobile phone, where you can access the patient portal and other information of interest such as news, consultations, specialists, etc. Valid for Android and Apple. Look in your download centre for "Grupo Policlínica"

**PATIENT PORTAL:** You can access your data, such as reports or blood tests, on the patient portal, where you can also make or cancel appointments. Access from our App or from our website <https://portalpaciente.grupopolclinica.es:4443>



**Policlínica Ntra. Sra. del Rosario**  
C/ Vía Romana, s/n - 07800 Eivissa  
Phone.: 971 30 23 54  
[www.grupopolclinica.es](http://www.grupopolclinica.es)

**Clínica Vila Parc**  
C/ Corona, 1 - 07800 Eivissa  
[www.clinicavilaparc.es](http://www.clinicavilaparc.es)