

INSTRUCTIONS FOR YOUR SURGERY

FOOD OR DRINK: After midnight and until your surgery, you should have nothing at all by mouth unless you have been specifically instructed differently by the Pre-op Nurse at the Surgery Center. This means not food, liquids, juice, coffee, tea, milk, water, candy or gum. You may brush your teeth, but do not swallow any water.

MEDICATIONS: The Pre-op Nurse will instruct you on which medications to take prior to surgery.

Your procedure may be rescheduled or cancelled if these instructions are not observed.

The day of your surgery: To make your Surgery Center visit as easy as possible, there are several things you should do ahead of time:

- ✓ Arrange for someone to drive you home after surgery.
- ✓ Arrange for someone to be with you the first night after surgery.
- ✓ Bathe or shower in the morning and wear clean, comfortable clothing that will fit easily over bandages. For foot surgery no tight fitting pant legs, for eye surgery no pullover shirts with small neck openings.
- ✓ Remove all makeup prior to arriving.
- ✓ Do not bring valuables with you to the Surgery Center.
- ✓ Do not wear jewelry, watches and metal body piercings.
- ✓ Bring a list of all your current prescription medications.
- ✓ Bring your insurance card and a photo ID.

Patients under age 18 should have a parent or legal guardian accompany them. The parent or legal guardian must sign the necessary forms and talk with the anesthesiologist. If the guardian accompanies the patient; you must bring a copy of the court authorization. We request that a parent or guardian remain at the surgery center during surgery.

Your arrival: Our entrance is located on the left side of the building. For most procedures we ask that you arrive 1 hour to 1 ½ hours before the surgery start time. You will receive this time from the Pre-op Nurse who will call you prior to your surgery. To ensure your safety, **we require that you arrange a ride home after surgery before you come for surgery.** If you have not planned for transportation home, **your surgery will be postponed or canceled until you have arranged for a responsible adult to drive you home.**