

## **General Pre & Post-Operative Instructions**

### **Preparing for Surgery**

Every surgery is unique. You should always ask your physician specific questions about your surgery or procedure. The following instructions are general guidelines. If they are different from the instructions given by your doctor or nurse, always follow the instructions from the medical professional.

History and Physicals, EKGs and Lab Work needs to be completed at least two days prior to surgery but no more than thirty days of surgery. If you are over the age of 50 an EKG is required before surgery.

### ***Before Surgery***

- A staff member will call you one to two days before surgery and ask questions about your medical conditions, allergies and medications. It is important to keep the surgical center and doctor aware of your contact information including a current phone number.
- Your doctor or a surgery center nurse will tell you what time you need to stop eating and drinking prior to surgery. Please note: It is extremely important to follow these instructions or your procedure may be cancelled.
- If you take medications for any health conditions please ask your physician or a surgery center nurse whether to take it the day of your surgery.
- If you have any questions regarding your surgery write them down and bring them with you. It is recommended as you prepare for surgery to keep a list of these questions so they can be answered before you are administered anesthesia.
- Call your doctor if there is any change in your health including vomiting, diarrhea, cold, fever or sore throat, the week before your surgery as we may have to reschedule your surgery.
- For women, if there is any possibility you are pregnant, please notify your doctor and the surgery center nurse.
- If special financial arrangements are necessary, please call our business office prior to surgery date.
- Please note: You will receive at least three bills for all surgical procedures. The facility, the physician and anesthesia all submit bills separately.

### ***Day of Surgery***

- Minors must be brought with their parent and/or legal guardian with appropriate documentation for guardianship.
- Bathe the morning of your surgery. Please be sure your hair is dry.
- Do not use any styling products or wear any make up, perfume or nail polish. These are required for your safety.
- You will be asked to remove contact lenses, dentures and any prosthesis and body piercings. If you are unable to remove a piercing you will be required to sign a waiver as piercings can cause burns or tissue damage during surgical procedures.
- Wear comfortable, loose fitting clothing. It may be difficult to button pants after surgery so pants with elastic waists are recommended. Please do not put children in footed pajamas. If you are having surgery on your shoulders or arms please wear a button up shirt. If you are having surgery on your hip, leg or ankle do not wear jeans. Loose fitting pants are required.

- Leave all valuables at home, including watches, rings, jewelry and wallets.
- Arrive promptly at your scheduled time to allow adequate time for admission procedures.
- Bring your insurance ID cards, any paperwork from your doctor, a list of your medications and a form of payment if you have deductibles or co-insurances with your insurance.
- If you experience menstrual cycles you will be required to provide a urine sample for pregnancy testing. Please notify the receptionist at arrival prior to using the restroom.
- For your safety, please arrange for an adult aged 19 and older to drive you home after surgery and stay with you for 24 hours. You will not be allowed to drive yourself home or take public transportation.
- Please dress in layers when visiting our facility, the temperature is optimized for sterility. Our visitors may be cold in the waiting area.
- Surgery scheduling is based on an average of each procedure by doctor but there are delays as physicians take the time to ensure the best outcome for each patient. Please understand there may be delays and our nurses' work hard to keep you updated.
- Please limit the number of people you bring with you to your surgical appointment due to limited space in our facility.

### ***Recovery Area***

- After surgery, you will be moved to the recovery area where you will be closely monitored until you are ready to go home.
- When you are fully awake your family member will be able to join you in the recovery area. Although the times may vary, most patients are discharged within 30 minutes to three hours after surgery depending on the surgical procedure.
- It is normal to feel discomfort in the area of your surgery. You may also experience some drowsiness or dizziness, depending on the type of anesthesia you received.
- Your doctor will check on you in the recovery area but because of anesthesia you may not remember this. They will also speak with your family and/or driver to update them on your surgical procedure after surgery.

### ***At Home After Surgery***

- Your doctor will provide specific instructions for care while recovering at home. In the event of any difficulty, please call your physician.
- For the first 24 hours following surgery, do not engage in any strenuous activities, drink any alcoholic beverages or make any critical decisions. It is also very important that you do not drive or operate any form of machinery for 24 hours after receiving anesthesia.
- A surgery center nurse will call you within a day or two to check on your recovery.