

## General Pre-Operative Instructions

NO liquids (including water) or food after midnight prior to surgery.

If you use any medications on a regular basis, ask your doctor about their use prior to surgery. Routine medications may be taken with a small sip of water at least two (2) hours prior to surgery. Insulin dependent diabetics should call the day before surgery to speak with our anesthesiologist.

**DO NOT TAKE ASPIRIN OR ANY MEDICATION WITH ASPIRIN IN IT FOR TWO (2) WEEKS PRIOR TO SURGERY. ACETAMINOPHEN (TYLENOL) MAY BE USED INSTEAD.** If you are taking medication for arthritis, ask your doctor about its use prior to surgery.

Do not wear jewelry (especially rings) or makeup.

Wear loose fitting clothing or a robe and slippers.

Do not bring valuables, cash, or jewelry on the day of surgery.

Notify your doctor if you notice any symptoms of illness during the week prior to surgery such as fever, runny nose, sore throat or cough.

If your arrival time is prior to 8 a.m., use the door marked "Surgery Entrance" at the south end of our building and check in at the Surgery suite door. If your arrival time is after 8 a.m., use the main entrance and check in at the Front Desk.

When the doctor arrives you will be taken to the operating room. The anesthesiologist will administer the anesthetic and your doctor will perform the surgery. If your surgery is performed while you are awake, only the area requiring surgery will be "numbed."

Once surgery is over you will go to the Recovery Area. Your vital signs will be monitored frequently and once you are awake you will be offered small amounts of fluid to drink. You will be discharged when you are adequately recovered.

The amount of time spent in our facility will depend on the surgery performed, and on your response to the anesthetic. Many of our patients are ready for

discharge within an hour after surgery. More extensive surgery requires a longer recovery period.

If a child has surgery, we advise you to have another adult present during the ride home (one adult can drive while the other tends to the needs of the child.)

Arrange with a family member or friend to drive you home after surgery. No one will be allowed to drive after a general anesthetic. We advise you to have someone stay with you the first night after surgery.

To assist us in billing your insurance company, please bring two (2) completed insurance forms the day of surgery if you have not brought them prior to this.

One of the nurses will be calling you the day before surgery and the day after surgery. If you have any questions, please feel free to call our office: (916) 736-3399.