

## General Pre & Post-Operative Instructions

*Every surgery or procedure is unique. Therefore, you should always consult your physician with specific questions about your surgery or procedure. The information provided in this section is presented as general guidelines. If at any time, the instructions on this website are different from or contradict those given to you by your physician or nurse, always defer to the instructions from the medical professional.*

### Pre-Operative Instructions

#### Before Your Surgery or Procedure

The business day before your procedure date, a staff member from this facility will call you to confirm your appointment time. They will also ask you questions regarding current or past medical conditions, allergies and medications you are taking.

Please don't hesitate to ask any questions you may have and be sure to let the staff know of any special needs. If your child is having a procedure, ask about our orientation party for children.

- Your doctor or the facility's nurse will instruct you as to WHAT TIME YOU ARE TO STOP EATING AND DRINKING prior to your procedure.
- If you take medication for any condition, ask your doctor and/or the facility's nurse whether or not to take it the day of your procedure.
- For women, if there is any possibility you are pregnant, please notify your doctor and the facility's nurse.
- Leave all valuables at home, including watches, rings, jewelry and wallets.
- Notify your physician of any change in your health, such as a cold, fever or sore throat.
- For your safety, please arrange for an adult to drive you home afterwards. You will not be allowed to drive yourself home.

#### Day of Your Surgery or Procedure

- Arrive promptly at the scheduled time. This will allow adequate time for all necessary admission procedures.
- Please bring your insurance identification cards. If special financial arrangements are necessary, please call the Facility prior to admission.
- Be sure to bring any paperwork your doctor gave you, such as test results or your medical history, and a list of medications you are taking.
- Wear comfortable, loose fitting clothing.
- Upon arrival, you will change into a gown and slippers which we provide. You will be asked to remove contact lenses, dentures and any prosthesis.
- When you are taken to the operating room you will be required to power off your cell phone or leave it with a family member

### Post-Operative Instructions

#### In the Recovery Area

- After procedure, 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 will be able to join you in our phase 2 recovery area. Although the times vary, most patients are discharged 1 to 3 hours after surgery.
- 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.

#### At Home After Your Procedure

- Your surgeon will provide specific instructions for care while recovering at home. In the event of any difficulty, please call your surgeon.
- For the first 24 hours following your procedure, do not engage in strenuous activities, drink alcoholic beverages, drive or make critical decisions.
- A nurse from the facility will call you within a day or two to evaluate how you are recovering at home.
- You will be asked to complete a questionnaire about the care you received. Your comments will enable us to continue to improve our services.