



## **PRE-OPERATIVE INSTRUCTIONS FOR SURGERY IN THE HOSPITAL**

You have been scheduled for surgery under the care of your physician **Dr. Red Alinsod**. Please read and follow these instructions carefully. If you develop a cold (fever, cough) or any illness before your scheduled surgery, please notify your physician immediately and contact the pre-operative coordinator.

### **MEDICATION**

If you take medications routinely for any condition, please discuss this with the anesthesiologist or your physician and follow his/her instructions. In general, you can take your usual meds with a small sip of water the morning of surgery. Two weeks before surgery or as soon as possible, if less than two weeks, **do not** take medications that may make you bleed more easily such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, Aspirin, Excedrin, Bufferin, Anacin, Vitamin E, Ginkgo, Heparin, Coumadin, and Elmiron.

### **BEFORE THE DAY OF SURGERY**

A pre-admission clerk will contact you by telephone to obtain necessary admitting and insurance information. The anesthesiologist reviews your past medical history, along with any test results to determine the best type of anesthesia for you. Pre-operative medications and restrictions are reviewed by the anesthesiologist. Pre-operative testing needs to be completed 7 days before the scheduled date of surgery. Your primary care physician usually orders these tests at the time of your pre-operative appointment. Make sure they fax your History & Physical, labs, X-Rays, EKG and any other tests to our office prior to surgery. And lastly, arrange for your transportation and accommodations.

### **DAY OF SURGERY**

Please check-in at the admission department 2 hours before surgery. Do not wear or bring jewelry or valuables with you. If you have not been to the hospital or surgery center before the day of surgery, please bring your insurance, identification and papers given to you by your physician.

- A. Do not eat or drink anything, including water after midnight or 8 hours prior to surgery.
- B. It is recommended that you do not smoke at least 12 hours before and after surgery.
- C. Remove all nail polish from either your left or right index finger. Leave valuables/jewelry at home.
- D. If you have received a prescription for medications to be used after surgery, have it available.
- E. You can take your usual meds with a small sip of water the morning of surgery.
- F. A parent or legal guardian must accompany a minor (under 18) and sign consent.

### **IF YOU PLAN TO BE DISCHARGED ON THE SAME DAY (OUTPATIENT) SURGERY**

- A. For your safety you will not be allowed to drive. A family member or a friend can drive you home. You can also take a taxi home.
- B. Remember to wear comfortable clothing. After surgery, tight clothing may be uncomfortable and could cause difficulty in getting dressed. Low-heeled shoes are recommended.
- C. For the first 24 hours after surgery, you should not:
  - 1. Drive an automobile
  - 2. Drink alcoholic beverages
  - 3. Make important decisions
  - 4. Exercise
  - 5. Travel on an airplane
  - 6. Sit for prolonged periods of time

Be sure to follow all your discharge instructions and make a follow-up appointment as instructed. If you have any questions/concerns regarding your hospitalization and wish to speak to a nurse or financial counselor, please call the place of surgery.

Remember, surgery may be cancelled if:

- A. You eat or drink after midnight, or within eight hours of surgery.
- B. You arrive late to the admitting department
- C. Your History and Physical forms, labs, X-Rays, EKG, or other tests are missing.
- D. You are ill or pregnant.
- E. Your fee has not been paid.