

PRE-OPERATIVE INSTRUCTIONS

SURGERY TIME

- Several business days prior to surgery, our office will contact you regarding questions about your medical history and current medications.
- If we are UNABLE to contact you regarding your check-in time for surgery, your surgery may be CANCELLED.
- Please provide the best number to reach you and have it handy the day before your surgery.
- If you have not heard from us by 3-4 pm the day prior to your surgery, call our office at 253-584-5252.
- If you develop an infection or start taking antibiotics, your surgery may need to be rescheduled.
- Beware there is usually a wait time of an hour and half before the surgery starts. We need to ask questions, confirm surgery and place an IV in preparation for the surgery.

RIDE/CAREGIVER FOR ASLEEP PATIENTS

- You must arrange for transportation to and from the surgery center. You will not be discharged unless accompanied by a responsible adult (18 or over).
- Your caregiver must accompany you home and be available to you for 24 hours following your procedure.
- Your caregiver must be present with you at check-in and immediately after the surgery to receive discharge instructions from the nurse.
- During the surgery, the driver must remain within a 15-minute radius of the surgery center.
- If you do not have a caregiver present or a contact name and phone number at the time of check-in, YOUR SURGERY MAY BE DELAYED OR RESCHEDULED.

RIDE/CAREGIVER FOR AWAKE PATIENTS

- We DO NOT require you to have a driver to and from the surgery, but you can if you would like.

TOBACCO/ALCOHOL

- Do not smoke, use marijuana, or drink alcohol for 24 hours prior to surgery

FOOD/BEVERAGES FOR ASLEEP PATIENTS

- No food whatsoever after midnight on the day of your surgery. Patients are permitted to drink ONLY water up to 2 hours prior to your check-in time.
- NO other liquids permitted.
- No gum or mints after midnight.

FOOD/BEVERAGES FOR AWAKE PATIENTS

- You CAN eat and drink up until 2 hours prior to your surgery time.

WHAT TO BRING/LEAVE AT HOME

- Bring a list of your current medications, dosages, and time/date last taken to the surgery center on the day of your surgery.
- Bring current photo ID (driver's license, military ID, or state ID), insurance card, and a debit/credit card for any payments.
- If LNI case, please bring claim number and know date of injury.
- If you have an Advanced Directive bring it with you, or know where it is located at home.
- We do not process Advanced Directives at our facility. In an emergency we will always try to resuscitate you and transfer you to the hospital.
- You are welcome to bring cell phone with you into preop to keep your mind occupied while you are waiting for surgery, and to keep your family updated on your status.
- Wear your hearing aids and bring their case for safe keeping.
- Wear large, loose-fitting, comfortable clothing that is easy to get back into after surgery and that can fit over bulky bandages or braces.
- Bring easy to put on shoes.
- Your personal belongings are kept in a locker during your surgery. But if you have more valuable items that should not be unsupervised while you are in surgery, be sure to leave those items at home.
- Do not bring any weapons into the facility.
- Do not wear perfume, hair products, or make-up as many of these products are flammable.
- Please do not wear contact lenses. Please wear glasses and bring a case.
- Please do not bring children under 15 to the surgery center. We are unable to provide supervision for children in the waiting room.

HYGIENE

- Please shower on the day of surgery with antibacterial soap (most liquid hand soaps are antibacterial).
- Do not use any lotions, creams or deodorants.
- Brush your teeth, but do not swallow any water or mouth rinse.

MEDICATIONS

- Stop all non-steroidal anti-inflammatory medications (NSAIDS) 10 days prior to surgery.
- NSAIDS Examples: Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn), Daypro, Meloxicam, Feldene (Piroxicam, Voltaren, Diclofenac).
- Stop all vitamins and supplements UNLESS a doctor prescribed it for a condition, such as taking iron for anemia.
- Vitamin/Supplements Examples: St. John's Wort, Garlic, Vitamin E, Ginseng, and Ginko.
- All blood thinning medications must be discontinued 5 days prior to surgery.
- Before discontinuing any blood thinning medications, please contact your prescribing doctor to establish whether it is safe or not to stop taking.
- Examples: Coumadin, Warfarin, Aggrenox, Pletal and Aspirin (to include baby aspirin, Alka-Seltzer and Excedrin.)
- Plavix (Clopidogrel) must be discontinued 14 days prior to surgery.



- If you are diabetic, check your blood sugar on the morning of surgery.
- If you are taking Metformin, Glyburide, Januvia, or Jardiance, stop taking these 12 hours prior to surgery.
- Do not take Lantus or Levemir on the day of surgery.
- Take only half of your usual morning dose of any other insulin on the morning of surgery. Call the surgery center if you have any questions.
- Withhold any type of "water pills" on the day of your surgery. Examples: Hydrochlorothiazide (HCTZ) and Furosemide (Lasix).
- If you have asthma, emphysema, or COPD, bring your inhalers with you on the day of surgery.