

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

- Before your procedure date, a staff member from this facility will call you to confirm your appointment time. They will also review your 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.
- 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. This includes mints, gum, chewing tobacco, and/or smoking.
- 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, and jewelry.
- Notify your physician of any change in your health, such as a cold, fever or sore throat.
- For your safety, please arrange for a responsible caregiver to drive you home and stay with you for at least 24 hours afterwards. If you have had any form of sedation, you will not be allowed to drive yourself.

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, photo ID, and a form of payment. 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.

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 awake, your family will be able to join you. Although the times vary, most patients are discharged 1 hour after surgery.
- It is normal to feel some discomfort or slight pain in the area of your surgery. You may also experience some drowsiness or dizziness, depending on the type of anesthesia you received. Pain medication is given during your stay to achieve a tolerable level as some pain may not go completely away in the immediate post operative period.

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 or while on pain medication, do not engage in strenuous activities, drink alcoholic beverages, drive or make critical decisions.
- A nurse from the facility will call you within few days to evaluate how you are recovering at home, unless you have indicated otherwise during your stay.
- **You will be asked to complete a patient satisfaction questionnaire about the care you received. We ask that you please complete this survey, your comments will enable us to continue to improve our services.**
Thank you, we look forward to delivering excellent care to you at your upcoming visit.