

Outpatient Surgical Services

Surgical Pre-Admission Instructions

Follow the instructions given to you by your physician. Do not eat or drink anything after midnight including water, coffee with cream, juice, or tea with milk unless otherwise instructed by the Preop Nurse at the surgical center.

INFANTS

- Bottle feeding: up to 6 hours prior to their scheduled arrival time
- Breastfeeding: up to 4 hours prior to their scheduled arrival time

MEDICATIONS

- With a small sip of water, take all of your normal morning medications except your diabetes medications, diuretics or ACE-Inhibitors (e.g. lisinopril, enalapril)
- Bring your **inhaler** if you have asthma or emphysema.
- Please contact your physician for instructions on which blood-thinning medications to hold or continue to take prior to your procedure.
- Unless otherwise instructed by your doctor, for one week prior to your procedure and the day after your procedure, do not take **aspirin** or any medication containing **aspirin, vitamin E, non-steroidal anti-inflammatory drugs, herbs, or weight loss products**.

Please wear loose, comfortable, warm clothing. Our facility is kept at a cooler temperature than your home.

We cannot be responsible for the safety of your **VALUABLES**. Please leave all of the following at home: jewelry, wigs, contact lenses, and cash. You can bring your purse and house keys.

What to bring:

1. Photo I.D. and insurance card
2. Payment method (if you have a copay due)
 - Please note: we are a “No Cash” facility. Please bring a debit or credit card, personal check, or CareCredit card.
3. If you’ve received special equipment from your surgeon’s office for the day of your surgery, please bring it with you (e.g. CryoCuff, brace, boot, sling).

Make-up (cosmetics) should be minimal or not worn at all. Do not wear mascara as it can scratch your eyes.

Women of child-bearing age will be asked for a urine sample upon arrival to the admitting area.

A responsible adult should be available to drive you home and assist you through the night. If you wish to take a car service home without being accompanied by a responsible adult, you will be asked to sign a Release of Liability form upon physician approval. Please make these arrangements prior to your day of surgery.

PEDIATRIC PATIENTS

- One adult can accompany patients under 18 years of age.
- One parent/legal guardian is instructed to stay in the center during the patient’s entire stay.
- If space permits, a 2nd adult may wait in the waiting room with the 1st adult.

Please contact your doctor if you’ve had a respiratory infection (cold) or any other acute illness within one week prior to surgery.