

Reston Surgery Center

Your Pre-Op Instructions

Please Keep This Form for Your Use & Reference

1. Do **NOT** eat or drink anything after midnight, unless instructed by Physician otherwise.
2. Do **NOT** chew gum, eat hard candy or smoke the morning of surgery.
3. As a General Rule, Always follow your Physicians Instructions First.
4. If you normally take heart or blood pressure medicine in the morning, **TAKE** them with a sip of water the day of your procedure.
5. Do **NOT** take diuretics that cause you to go to the bathroom frequently.
6. You may shower, shampoo your hair and brush your teeth. **Please do not** wear cosmetics, eye make-up, lotions, fragrances, jewelry or valuables of any type. If you are having surgery on your hand or foot, please remove any nail polish from these areas. **Please leave your valuables at home and remove any and all body piercing prior to your arrival to our facility. Bring only your insurance card and your photo id.** If you are a contact lens wearer, you may be asked to remove them prior to your procedure, so please bring your solution, storage case, and your glasses with you.
7. It is **imperative** that you have a ride home and someone stay with you for 24 hours following your procedure. You may not go home in a cab or on public transportation. Please plan on having your driver remain with you for the entire procedure if at all possible. A parent or legal guardian must remain in the facility at all times when children under the age of 18 are undergoing procedures at the facility. Some physicians may not perform your procedure if you do not have a responsible adult present for the procedure due to possible legal issues. It is **illegal** for you to drive after sedation.
8. Bring anything you may need for your surgery: eye kits, crutches, and any radiology studies (X-Rays, MRI, CT). For children: please bring extra diapers, clean baby bottle, Sippy cup, favorite blanket, toy or stuffed animal. If you have someone to be responsible for your items during your procedure, you can bring a book, Walkman, or similar items to help occupy you during your waiting time.
9. Please arrive at our Center 1-½ hour prior to your SCHEDULED procedure time, unless your physician has instructed you otherwise. Some physicians prefer their patients to arrive 2 hours prior to their scheduled procedure. In case their schedules are moving along. Bring any papers you may have received from your Doctor's office, your Informed Consent, copies of Living Wills, Powers of Attorney, Advanced Directives (if needed for medical treatment of the patient), your insurance card, and a photo ID. If you have reading glasses, bring them with you.
10. The surgery schedule can have changes in start times up to the afternoon prior to your surgery. It is imperative that you give us a phone number where you can be reached the afternoon before your surgery. **Please check your messages the evening before your surgery for any changes to your arrival time.** Please rely on the time that the preop screening nurse gave for your arrival; the schedule may change over what the doctor had given you when initially scheduling your procedure.

** Preop Screening Phone Numbers: 703-639-3100 ext. 216 or 247 **