

# PREPARING FOR PROCEDURE

IF YOU ARE EXPERIENCING A TRUE, LIFE-THREATENING EMERGENCY,  
CALL 911

## GENERAL PRE-OPERATIVE INSTRUCTIONS

- Do not eat or drink anything 7 hours before surgery (including water, gum or candy)
- Do not smoke 12 hours before and after surgery
- No alcoholic beverages 24 hours before and after surgery
- Medication restrictions: consult your doctor
- Do not take Aspirin 48 hours before surgery unless otherwise stated by your doctor

## THINGS TO REMEMBER:

- Please bring your insurance card and 2 major forms of identification with you (driver license, state ID or passport).
- Leave your jewelry and valuables at home, remove ALL body piercings.
- An adult must be available to drive you home after the surgery; you will not be allowed to drive yourself home.
- If possible, an adult should be home with you after the procedure to assist you in your recovery.
- Do not wear makeup, nail polish, bath oils, lotions, and powders on your face or body- you may use a deodorant.
- Do not shave your surgical site- shaving can irritate your skin, which may lead to infection.

**-Prior to surgery your glasses/contacts and dentures may be removed, please bring a case for them.**

**-Shower with an antibacterial soap like Dial or Lever (bar or body wash) the evening before and prior to your arrival to the center.**

**-Wear comfortable, loose clothing and shoes that are easy to put on and take off.**



## **GENERAL POST OPERATIVE INSTRUCTIONS**

**Because you have received sedation during your procedure/surgery, you may have some mild after effects for a few hours following your operation or procedure. The following precautions should be taken unless your doctor instructs otherwise:**

- 1. No alcoholic beverages for at least 24 hours.**
- 2. Do not drive or operate machinery or equipment for 24 hours after returning home.**

3. Do not make any major/ legal decisions for 24 hours after returning home.

4. Contact your doctor if you experience nausea or vomiting.

Avoid strenuous activity until seen by your doctor/surgeon . Stair climbing should be done slowly and carefully -you may tire easily with activity, which is expected.

Avoid lifting anything over 10 pounds.

Advance your diet slowly over the next day or two- avoid spicy, greasy and heavy meals.

FORMS (click to print):

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[Advanced Directives](#)

[Patient Concerns & Grievance Procedure](#)

[HIPPA Privacy Notice](#)