



## Directions For Surgery Patients

### PRE-OPERATIVE:

- **Prescription medications should be discussed with the physician or nurse.** If you take insulin or other routine medications for conditions such as thyroid disorder, acid reflux, or high blood pressure, please contact us. Most of these medications will be continued and taken as directed, including on your surgery day with a sip of water. See attached sheet for list of medications and supplements to avoid.
- **DO NOT** smoke for two weeks prior to surgery.
- Minimize alcohol use, including wine, for two weeks prior to surgery. Avoid all alcohol the night before surgery.
- You will be given prescriptions for medication to be taken after your surgery and possibly one for before surgery. Have the prescriptions filled before your day of surgery.
- Have water, Gatorade, saltines, Jell-O, chicken soup, etc. at home to eat after surgery. There is no need to bring any food or beverages with you the day of surgery.
- You **MUST HAVE** an adult over 18 years old to drive you home after surgery and stay with you for 24 hours after the procedure. Please make arrangements for this requirement **PRIOR** to your surgery day - there are no exceptions. When you arrive at the Center, please give the receptionist that person's name and telephone number; and have that individual make arrangements with the receptionist for your pick-up after surgery.
- Call the office if you develop a fever, rash, or a cold before surgery.

### SURGERY DAY:

- **DO NOT** eat or drink anything after midnight the night before surgery (including food, water, gum or mints) unless you are instructed to do so by your anesthesia provider. If your surgery is in the afternoon you may be allowed to have a light breakfast 6 hours before your surgery consisting of toast (no fats like butter or cream cheese, and no meats) and clear liquids including black coffee, clear tea, water, fruit juice without pulp, or carbonated beverages. You should take your regular prescription drugs in the morning unless instructed otherwise. If your surgery is under local anesthesia, you are allowed to maintain normal eating habits. However, please brush your teeth on the morning of surgery, using a small amount of water to rinse.
- Leave **all** jewelry, money and valuables at home or with your family.
- **DO NOT** wear makeup, facial creams, false eyelashes, body oils or body lotions.
- **DO NOT** wear contact lenses.
- **DO** wear any denture, partial plate or prosthesis.
- **DO** wear comfortable, loose fitting clothes. If you are having surgery of the face or breasts, wear a button down or zipper front shirt. Pants or shorts should be elastic or drawstring waist. Wear slip on shoes.
- Smokers and women under 50 need to provide a urine specimen upon arrival on the day of surgery.

### POST-OPERATIVE:

- Take prescription medication as directed.
- Due to anesthesia and post-operative medications, there may be a change in your bowel habits resulting in constipation. To prevent this condition, you may begin taking an over the counter stool softener, such as Colace.
- **DO NOT** smoke for two weeks after surgery.
- You may shower two days after surgery unless otherwise instructed.
- **DO NOT** drive while taking prescription medication that may impair your judgment.