



Surgery Preparation Guide

The following list outlines important instructions to follow. You should already have made decisions on the person you want to transport you to and from your surgery, have childcare in place and flexible for the entire day, and have appropriate at-home care for the first 24-48 hours following your surgery. You may feel sleepy and unable to make decisions on your own. It is important to have someone who can check on you, make sure you are taking your post operative medications, and that you are not having any complications.

1. Check in at the time you are instructed when we call to confirm with you the day before surgery.
2. Start your antibiotic as instructed by your doctor or pre-operative nurse.
3. Do not bring all of your medications to the office on the day of surgery. If you have an inhaler bring it with you the day of surgery.
4. **DO NOT** eat or drink any solid food or liquids after midnight the night before your surgery. This is done to prevent you from vomiting as you go to sleep. Compliance with this is **VERY IMPORTANT** for your safety. Your surgery will be cancelled if you do not follow this simple but important rule.
5. Wear comfortable clothing the day of surgery. Preferably a blouse/shirt that buttons/zips up the front and loose pants/shorts. Blue jeans and tee shirts are very difficult to put back on when you are ready to go home due to their restrictive nature and are not recommended.
6. **DO NOT** wear any makeup, jewelry, piercings, or contact lens the day of surgery. (Makeup must be removed prior to surgery.) Do not bring valuables, cell phone, jewelry or purse (unless you leave them with person accompanying you on your surgery day).
7. Although most surgical patients will be asked to give a urine sample upon their arrival to the facility, **DO NOT** drink any fluids the day of surgery. Please try to come with a full bladder so that a urine sample can be obtained.
8. You will be in recovery for an hour or more after your surgery to ensure you are stable. The length of time depends on when you become fully awake.
9. You will need to arrange for someone to drive you home following your surgery. Since you will have several medications during your surgery, you will **NOT** be allowed to drive yourself home, nor will you be allowed to take a cab. We ask that you leave a phone/beeper number of the person who will be driving you home. You will leave this with the nurse when you arrive for surgery. The nurse will call your transport person about 30 minutes prior to your release from recovery. This will allow that person to carry on with his/her activities without having to wait several hours while you are in surgery. If your ride must wait, please limit to one (1) person, as our waiting room is small and we are trying to accommodate all of our patients. We ask that no children be brought to our offices.
10. Our wish is for your Outpatient Surgery experience to be a pleasant one. Please do not hesitate at any time prior to or during your surgery experience to ask a nurse any questions that you may need answered. We are available to assist you in any way possible.
11. **DO NOT** use e-mail for post-operative questions, problems or concerns. We may not be able to respond in a timely manner. Please **CALL** our offices at 210-496-2639. Our answering service is available to you 24/7.