



PRE-OPERATIVE INSTRUCTIONS FOR SURGERY

1. **DIET:** Do NOT eat, drink or take anything by mouth after MIDNIGHT before surgery. This includes candy, mints, coffee, tea, water, gum, lozenges, tobacco or cigarettes. If you have been instructed to take morning medications, you may take these with a SIP of water, not milk or juice.
2. **MEDICATIONS:** If you are diabetic, **DO NOT TAKE ANY DIABETIC PILLS OR INSULIN** the morning of surgery. Your blood sugar will be checked at the hospital prior to surgery and treated as necessary. Stop all herbal supplements, Vitamin E, diet pills, multivitamins, and NSAIDS (ibuprofen, Advil, Aleve, Naproxen) 7 days prior to surgery **if instructed** by your surgeon. STOP all anticoagulants, diuretics, heart medications, and cholesterol medications **when instructed** to by your surgeon.
3. **INHALERS:** You may use prescribed inhalers. Please bring them with you the day of surgery.
4. **VALUABLES:** Please remove **all** jewelry. Please leave jewelry, watches, cell phones, purse/wallet, cash and all other valuables at home. It is sometimes necessary to remove jewelry the day before. You **CAN** wear dentures, glasses and hearing aids.
5. **TRANSPORTATION:** It is required that you have a responsible person provide you with transportation home after surgery. You may NOT drive yourself, ride a bus, or walk home after discharge.
6. **SKIN PREPARATION:** The morning of surgery take a shower, or wash the surgical area with antibacterial soap. Work into a lather with a clean, fresh washcloth. Rinse thoroughly and dry with a clean, fresh towel. **DO NOT** shave the day of surgery. **DO NOT** apply lotions, powders, perfume, makeup, hair clips, nail polish or contact lenses. Put on clean, fresh clothes. It is recommended you wear something loose and comfortable, preferably clothing that will fit over the operative site which may have a bulky bandage.
7. **VISITORS:** During your admission and surgery, visitors will be asked to remain in the waiting area located in the lobby. *If the patient is a child, the parent(s) will be permitted. Following surgery, one visitor will be allowed to join you after you leave the Recovery Room. The reason for limiting visitors is to ensure the privacy and care of all patients during admission and recovery. The surgeon will attempt to contact the family member in the waiting area following surgery. We ask that you please arrange to leave children and numerous family members at home.
8. **CALL YOUR SURGEON** for further instructions if you accidentally eat or drink after midnight.

*****You will be called on the day before you surgery with your appointed arrival time. If you have not been given your time by 2pm, please call the Hospital at 360-496-5112 and request your appointment time from the Admissions Receptionist.**

If you have further questions, please call Outpatient Services at 360-496-3587.

(OVER)



DO's and DON'Ts for Outpatient Procedures/Surgery

DO:

- ✚ Leave all jewelry and valuables at home
- ✚ Wear loose comfortable clothing
- ✚ Wear glasses, dentures, hearing aids
- ✚ Bring I.D. and insurance cards
- ✚ Take medications **ONLY if instructed by your doctor**
- ✚ Shower using antibacterial soap
- ✚ Bring inhalers, contact lenses case
- ✚ Arrange for a ride home from the hospital
- ✚ Drink lots of water the day before

DON'T:

- ✚ Take ANYTHING BY MOUTH after midnight
- ✚ Use lotion, perfume, makeup, nail polish etc.
- ✚ Wear any jewelry, contact lenses, hair clips
- ✚ Plan to drive yourself home, or walk home
- ✚ Smoke or chew tobacco for 24 hours prior to your procedure
- ✚ Take any diabetic medication the morning of your procedure