

Pre-operative Instructions

Basic information:

- All patients receive a call from the hospital the day before their surgery informing them of the time they will need to arrive and where to report.
- Be sure to have a responsible person to drive you home. Minors (under 18 years of age) must be accompanied by a legal parent/guardian on the day of their procedure.
- Do not bring any valuables to the hospital. Be sure to remove all jewelry and make up before arriving. Surgery will be cancelled if all body piercings are not removed.
- Do not shave the surgical area for at least three days prior to surgery.
- Do not use lotions, creams or skin oils prior to surgery. These remain on the skin and can interfere with pre-operative skin preparations.

Use of routine medication:

- HOLD all herbal and dietary supplements for two weeks prior to surgery.

Take all routine medications on the morning of surgery except:

- HOLD all blood thinning medications, including Aspirin products and anti-inflammatory (arthritis) medications, unless specifically instructed to do otherwise by your surgeon.
- HOLD diabetic medications:
 - Do not take oral hypoglycemic.
 - Reduce long-acting insulin dose by ½ of the usual dose the evening prior to and the morning of surgery.
 - Do not take any short-acting insulin on the morning of surgery (unless instructed to do so by an endocrinologist).

Adult food and drink instructions:

- No solid food after midnight
- No smoking, chewing gum, candy or snuff
- No alcoholic beverages for 24 hours prior to surgery
- No cream or milk
- No carbonated beverages
- You may have unlimited clear fluids until four hours prior to hospital arrival: water, apple juice, tea or coffee (you may use sugar)

Pediatric food and drink instructions:

- No solid food for six hours prior to hospital arrival time. FORMULA AND MILK ARE CONSIDERED SOLID FOODS.
- Infants and toddlers may have breast milk until four hours prior to hospital arrival.
- All children may have unlimited clear fluids until 2 hours prior to hospital arrival.

Items to bring on the day of surgery:

- Medications and dosages (list or bottles)
- Copy of advance directives
- Insurance cards
- Wallet card for your pacemaker/automatic implanted cardioverter defibrillator, if applicable
- X-rays and papers (history & physical, physician's order sheets), if applicable
- Crutches, icing devices and slings