

Pre-Operative Instructions

ARRIVAL TIME: A representative from the center will contact you with your arrival time approximately 2-3 weeks prior to your procedure. The surgical schedule is very often shifted due to urgent cases, people with co-morbidities and the length of the cases. We will do our best to accommodate any request *if at all possible*. Please understand if the request is unable to be met due to unavoidable circumstances.

PRE OP CALL: A registered nurse from the surgery center will call you to go over your medical history. Please have available a list of medications and their dosages. Make sure you advise us of breathing medications, inhalers, insulin, creams, etc. Include any over the counter medications, herbs and supplements. Also advise the nurse if you have travelled outside of the US in the past six months. If we are unable to reach you, we will leave a *very brief message* in order to preserve your privacy. Please call us back so we can complete the call.

HISTORY: If you have any of the following in your medical history and *have not previously advised* your surgeon, please speak with someone in their office *immediately*:

- Cardiac history (heart attack, stroke, stent placement, bypass surgery, valve replacement)
- Pacemaker/Defibrillator (make sure you have the information card with you)
- Tuberculosis
- MRSA (this is a resistant staph infection)
- Severe *uncontrolled* asthma
- *Central* Sleep Apnea
- Self or family history of anesthesia complications especially MH (malignant hyperthermia)
- Latex allergy

NPO: Do not eat or drink after midnight before your surgery unless instructed otherwise. This includes all beverages, mints, chewing gum, lozenges, etc. Your case will be cancelled if you do not adhere to this very important piece of advice.

MEDICATIONS: If you take any medications for your heart, blood pressure or epilepsy, you may take those on the morning of your surgery with a **small** sip of water. Just enough to get the pills down. Please take them as early as possible. (EXCEPTIONS: ACE Inhibitors, Angiotensin Receptor Antagonists)

DIABETIC PATIENTS: Please ask your PCP or diabetes doctor for instructions about which diabetes medications to take prior to surgery. **HOLD** all **oral** diabetic medications the morning of your surgery.

BLOOD THINNERS: If you take any blood thinners, Aspirin or Plavix, notify your physician and inquire with his/her office if you are to discontinue them before your surgery. These may cause bleeding complications with your procedure. **Please discontinue ibuprofen and naproxen products 3 days prior to your day of surgery. Acetaminophen is permitted to take up to the day of surgery.**

PAIN: Most surgical procedures are followed by discomfort on some level. During laparoscopic procedures, a small amount of gas is placed in the peritoneal cavity to distend the abdomen. For a few days after the procedure, you may feel tired and have some discomfort. You may be sore around the incisions made in your abdomen and navel. You may feel pain in your shoulder or back. This pain is from the gas used during the procedure that remains in your abdomen. Most of the gas is removed following the procedure but unfortunately, some of it remains and will go away on its own anywhere within a few hours to a few days. The more you move around, the quicker the gas will dissipate. If you haven't already, you will be given directions on pain relief to assist in making you as comfortable as possible after you are discharged.

DO NOT:

- Ⓜ Do not drink alcohol within 24 hours before and after your procedure.
- Ⓜ Do not smoke any tobacco products the day of your surgery.
- Ⓜ Do not take **diet pills** such as Phentermine and any other over the counter medications for 7 days prior to your procedure. This includes any medications containing **Amphetamines** because they may cause adverse reactions with anesthesia. Please also notify your physician and anesthesiologist of *any recreational* drug use.
- Ⓜ **Do not drive yourself.** You will be considered under the influence of narcotics after your procedure. Please make arrangements for a responsible adult to be with you at your time of discharge and to drive you home after your procedure. We do not recommend using a taxi cab service or uber but if that is the only transportation available, you must have someone over the age of 18 available to ride in the back seat with you. We will review your post-operative instructions with you and your responsible party at the time of discharge. It is also advisable to *have someone stay with you the remainder of the day* and for the *following 24 hours after* your procedure.
- Ⓜ Do not wear jewelry. Please leave all valuables home. We may use electrical cautery devices during your surgery. ALL jewelry and piercings must be removed. Please advise the surgical team if you have any metal or implants in your body as well.
- Ⓜ Do not apply makeup, lotions, creams or perfume the day of your surgery.

DO: Please.....

- 🌐 Wear loose comfortable clothing that is easy to get on and easy to get off including shoes.
- 🌐 Leave contact lenses at home.
- 🌐 Be prepared to remove your dentures/partials.
- 🌐 Bring your CPAP or BIPAP machine with you to the center if applicable.
- 🌐 Bring a picture ID and proof of insurance.
- 🌐 Bring a form of payment as arranged for any financial obligations.
- 🌐 Bring your inhaler if who have respiratory illness.
- 🌐 Bring the immunization record of any child under the age of 16 who is coming for surgery.

If you have any clinical questions, please call between the hours of 7am to 2pm. For all other questions, the center is open Monday-Friday between the hours of 6am-5pm.

On the day of your surgery.... there is an underground parking garage below the building. As you pass the building, the driveway entrance to the parking lot is immediately on your left. Please park on level P1 for visitors. If there are no spaces available, you may proceed to the lower levels. There is an elevator in the middle of the parking lot. Take the elevator to Floor L for lobby. Proceed to suite 100. The front desk will provide you with a complimentary ticket to exit the parking lot following your procedure. Only one ticket per patient will be provided.

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