

## **Pre-Operative Instructions**

\*Thank you for choosing Select Surgical Center. Below are general guidelines to follow prior to your procedure to ensure any cancellations or delays. A Registered Nurse will be calling you 1-2 days prior to your procedure to go over your specific Pre-Operative Instructions and your arrival time. All instructions vary on a case by case basis. Arrival time subject to change. \*

- NPO Status: Nothing to eat or drink after midnight the night prior to your procedure. No gum, hard candy or breath mints. You may brush your teeth, remembering not to swallow anything. A Registered Nurse will speak to you individually on the phone regarding your specific medications and what you may or may not take morning of.
- A driver 18 years or older is required to drive you home. No Uber, Lyft or Taxi. We are required to escort you out post procedure via wheelchair, the exit is located at the back of the building and you will be taken right to your car.
- Bring your insurance card and Photo ID. Payments are accepted in cash or card.
- Bring a list of your current medications the day of surgery.
- No contact lenses. You may wear glasses.
- Hearing Aids and Dentures are acceptable, however you may be asked to remove them prior to your procedure.
- No Jewelry or Piercings of any kind.
- Wear loose comfortable clothing.
- No makeup.
- Please notify the center if you:
  - Are experiencing a recent cough, cold or fever
  - Suspect you may be pregnant
  - Taking diet pills/injections, blood thinning medications, or certain herbal medications as you may need to stop these 1-2 weeks prior to surgery. You can discuss this with your surgeon.
- All procedures require an active History and Physical within the last 30 days.
  - You may need cardiology clearance and/or an EKG
    - Please contact us for any questions regarding pre-operative paperwork needed

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