



PREOP INSTRUCTIONS

We are located at: Phyllis Green Building
 Lower Level, Suite #131
 826 Washington Rd, Westminster, MD 21157

*Note: If you have difficulty walking, it is easiest to enter through the front entrance, take the elevator just inside the door down to the 1st floor. When you get off the elevator, we are the first suite on the right hand side.

Before Surgery:

- ALL patients must have a **responsible adult driver**. Please plan on having your driver remain at the surgery center the entire time of the procedure.
- ALL patients receiving anesthesia or sedation are required to have someone stay with them for the **FIRST 24 HOURS** post anesthesia.
- If you are on Aspirin, Plavix, Coumadin, Xarelto, or any other blood thinners, you need to discuss with your PCP or cardiologist if you are able to stop them prior to the surgery and if so, when. You should also discuss when to resume.
- Stop NSAIDs/ Anti-inflammatory medications (examples: Advil, Motrin, Ibuprofen, Aleve, Naproxen, Excedrin, Meloxicam, etc.) for 5 days prior to your procedure unless otherwise advised by your physician.
- All weight loss medications and some weekly diabetic medications should be HELD for 7 days prior to your procedure. If you are unsure if your medicine should be stopped, please consult with one of our nurses.
- **No food or drink** after midnight the night before your procedure- **no mints, gum, or even WATER**. You may brush your teeth, but please do not swallow.
 - If you normally take any heart, high blood pressure, anti-seizure, anxiety, asthma, or anti-reflux medications in the morning, please discuss with our nursing staff if you should take them on the morning of surgery.
 - If the nurse has instructed you to take medication on the *morning of your surgery*, you may do so with a small sip of water. **PLEASE DO NOT TAKE ANY MEDICATIONS** on the day of your procedure **WITHOUT CONFIRMING** with the nursing staff that it is ok to do so.
 - If you are diabetic, please discuss with your PCP or endocrinologist if you should take your diabetic pills or insulin both the night before your surgery and on the day of your surgery.
- If you will be receiving anesthesia or sedation, you should not smoke on the day of your procedure. You should not use marijuana for 24 hours prior to your procedure. Any illicit/recreational drug use should be stopped for 48 hours prior to your procedure.

On the day of Surgery:

- Bring your insurance cards and valid photo ID.
- Please wear comfortable, loose fitting clothing (NO JEANS). Sweat pants or athletic style clothing is best. Please wear comfortable shoes that have a back on them such as tennis shoes or sneakers (No flip flops, slides, heels, or boots).
- Wash with antibacterial soap (ex. Dial) the morning of surgery. If you are having a total joint procedure, please use the 5 sponges as directed.
- No smoking the day of surgery.
- Leave ALL jewelry or valuables at home. This INCLUDES wedding bands! Do not wear contacts on the day of surgery, instead please wear your glasses. WSC will provide a cup for dentures, partial plates, or hearing aids that need to be removed.
- **DO NOT MARK** the operative site. Your skin will be marked in the preoperative area by your surgeon before your surgery.
- If you are a female patient of child bearing age and have not had a hysterectomy, you will be asked to give a urine sample upon arrival to the surgery center.
- Please be aware that space is limited and each patient is permitted ONE visitor only. Both legal guardians are allowed for minors.
- Masks are optional at our facility at this time (subject to change based on state regulations).

After Surgery:

- If applicable, please have ice packs prepared for icing the surgical site when you get home. Ice bags, gel packs, or bags of frozen vegetables can be used. You should always keep a barrier between your skin and the ice pack.
- Narcotic pain medicine can cause constipation. In addition to increasing your fluid intake, we recommend having a stool softener on hand such as Colace/Docusate Sodium. If you have not had a bowel movement in 2 days or have history of constipation issues, we recommend starting a laxative such as Miralax.

Please call Westminster Surgery Center AND your surgeon's office for further instructions and evaluation prior to arrival if:

- You are placed on an antibiotic within one week of surgery
- Have any wounds, suspicious cuts, or lacerations anywhere on your body
- Are feeling sick
- Have a fever within 24 hours of your surgery

Special Instructions:

If your **CHILD** is having surgery:

- Please bring them dressed in a 2 piece pajama set
- Bring their bottle, pacifier, or sippy cup if applicable
- You may also bring a favorite stuffed animal, toy, blanket, ipad, tablet, etc. Anything that will keep your child resting comfortably ☺
- Bring any diaper changing supplies that may be needed

If you have **SLEEP APNEA** and use a CPAP/Bipap machine at home:

- Please make sure that it is ready to use when you get home from your procedure. Patients with sleep apnea have a higher risk of postoperative breathing difficulty. For this reason, anesthesia recommends that you wear your CPAP/Bipap any time you are sleeping (day or night) for 72 hours following your procedure.

If you are having **HAND surgery**:

- No artificial nails are permitted
- It is best practice to remove all nail polish. Some doctors require removal of nail polish and will cancel surgery if not removed

If you are having **SHOULDER surgery**:

- Please do not apply deodorant on the morning of surgery
- If you were given a sling by your surgeon, please remember to bring that in with you on the day of surgery
- Please bring an over-sized (at least 1-2 sizes bigger than your normal size) button-down shirt to wear home as we will need to button this overtop of your arm in the sling

If you are having **HIP, KNEE, LEG, or FOOT surgery**:

- Check with your surgeon's scheduler on whether crutches, a walker, or any other post-operative devices will be needed after your procedure. If you get these ahead of time, please bring them with you on the day of surgery. Please advise the nurse if you will need these items provided to you by WSC on the day of surgery
 - If your assistive walking device has not been sized for you, please bring it into the surgery center with you when you come to check in
 - If your assistive walking device has already been sized for you, you may leave them in the car as you will be given a wheelchair ride to your car at discharge. You will need them to get from your car into your residence
- If you were given a brace, boot, or ice machine by your surgeon, please bring them in with you on the day of surgery
- Please do not shave on the day of surgery. We will perform any trimming necessary for your procedure at WSC
- *If you are having a partial or total knee replacement, we recommend that you arrange for an additional family member or friend to meet you at your residence upon discharge to help you into your residence for the first time. Your safety is our highest priority!*

Any questions?? Please don't hesitate to give us a call! We look forward to caring for you!