



Pre-Surgery Instructions

General Instructions:

- 1) May we leave a message regarding your surgery time: **Y N**
- 2) Arrival time for surgery will be given to you the afternoon prior to your scheduled surgery. A staff member will phone you between 2-5 pm with this information. Best number to reach me at between 2-5 pm:

- 3) Bring a form of identification with you day of surgery (Driver's License, Birth Certificate, State ID, etc.) and your insurance card.
- 4) Please arrange to have someone accompany you home and stay with you for 24 hours after your surgery as you wear off anesthesia or sedation.
- 5) Patients under 18 years of age must be accompanied by a guardian to complete all admission and consent forms and remain in the building until discharged.
- 6) Please shower the morning of surgery. Please **DO NOT** apply any lotions or creams to your body. You may wear deodorant.
- 7) It is important to get 6-8 hours of sleep prior too surgery.
- 8) Patients who have not undergone a hysterectomy or menopause will be required to take a urine HCG test the day of surgery.
- 9) If you develop a fever, cold, flu like symptoms or any changes in your general health prior to surgery please **notify your surgeon as soon as possible**. The physician may wish to change your day of surgery.
- 10) Guidelines for Eating and Drinking prior to surgery:
 - **ADULTS AND CHILDREN (OVER AGE 5):**
 - Nothing to eat or drink after **Midnight** the day prior to surgery. If your surgery is scheduled in the afternoon, nothing to eat or drink 8 hours prior to surgery.
 - **No** gum, hard candy, and any use of tobacco products such as smoking or chewing.
 - **INFANTS and CHILDREN (AGE 5 and UNDER):**
 - May have formula, milk, or breast milk up to **6 hours** prior to arrival time for surgery.
 - May have 4 ounces of clear liquids (Gatorade, Pedialyte, water or apple juice) from midnight to 4 AM. **Absolutely nothing after 4 AM.**

Labs:

- Labs/imaging may be required by anesthesia prior to your surgery. Please obtain any necessary labs/imaging **ASAP** to give our anesthesia providers enough time to review your case and approve you safe for surgery.
- Labs/testing needed prior to your surgery: _____

Medications:

- 10) Bring a list of your current medications and/ or supplements including name, dosage and frequency taken on the day of surgery. **ONLY TAKE** medications for blood pressure, acid reflux or behavioral health medications on the day of surgery, 2 hours prior to arrival, with a small sip of water.
- 11) **NO** Aspirin, NSAIDS (Motrin, Advil, Ibuprofen, Aleve), Alka Seltzer, Plavix, Coumadin or Aggrenox **7-10 days prior to surgery.**
- 12) You may take Tylenol or products containing Tylenol (Percocet, Norco, etc.).
- 13) If you use inhalers (long-acting or emergency), please bring them with you on the day of surgery.
- 14) DO NOT TAKE UNTIL AFTER SURGERY:
 - Potassium, Iron, Diuretics or diabetic medications
 - Due to not eating or drinking after midnight, please bring your insulin with you the day of surgery.
- 15) DO NOT TAKE THE FOLLOWING MEDICATIONS: _____

Procedures: Remove all jewelry, contact lenses and eye makeup before coming to the surgery center!

- Orthopedic
 - Wear loose fitting clothing. If you are having knee or foot surgery, loose fitting pants that would fit over a large bulky dressing works best. If you are having shoulder, arm or hand surgery, an oversized button or zip up top works best.
 - No nail polish or artificial nails.
 - DO NOT SHAVE the surgical area before surgery. The nurse will clip hair and clean area day of surgery.
 - If you already have crutches, a brace or post-op boot, please bring them with you the day of surgery. This equipment may or may not be required for discharge based on final surgeon orders.
 - Please obtain an immobilizer before the day of surgery, and bring with you for discharge.
- Spine
 - Please obtain cervical collar or lumbar corset (depending on procedure) prior to surgery and bring with you.
 - If you are having a cervical fusion, discectomy, or laminectomy please purchase and have at home 4x4's, medipore medical 2" tape and press -n- seal saran wrap. You will be instructed to change your dressing 2 days after surgery.
- Ear, Nose and Throat
 - For infants, bring a bottle and formula for after surgery.
 - Infants and small children will be discharged promptly after surgery if vitals are normal. Children recover better at home or within a familiar environment.

If you have any questions feel free to call us at 307-688-8600 Mon-Fri 7:00am – 5:00 pm

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| Patient/Parent/Conservator/Guardian signature | Date | Time |

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| Witness signature | Date | Time |

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