

PRE-OPERATIVE INSTRUCTIONS FOR ELECTIVE SURGERY

NO FOODS OR LIQUIDS AFTER MIDNIGHT OR 8 HOURS PRIOR TO SURGERY

STOP

taking **ASPIRIN, ASPIRIN PRODUCTS, IBUPROFEN** seven days (7) prior to your surgical procedure. **ONLY take TYLENOL.**

- If a medical condition requires you to take medication the morning of your procedure, you may do so with a few sips of water
- FOLLOW any medication instructions given to you by the anesthesiologist the day of your procedure.

VALUABLES

DO NOT wear make up, jewelry or bring money or credit cards with you

- **UNLESS** you are required to make a copayment the day of your procedure.
- Your insurance company will tell you if this is required.

RECOVERY

After surgery you will be in the recovery room where you will receive constant care.

- As the anesthesia wears off you may experience sounds louder than usual, blurry vision, dry mouth or chills.
- Your blood pressure will be checked periodically and you may have an IV or other tubes in place. These will be removed by the nurse.
- PAIN: if you are in pain, do not hesitate to ask your nurse for medication.
- THE DOCTOR will have spoken with you or the person accompanying you
- At DISCHARGE, you will be given written instructions for use at home.

DISCHARGE:

Because patients are going home the same day as their surgery, it is important to ask questions about home care.

The following activities will speed your recovery:

- WALKING...be sure the nurse helps you the first time you get out of bed.
- DEEP BREATHING & COUGHING...this is very important. It expands the lungs, aids circulation and helps prevent pneumonia.

FOLLOW UP VISIT

Please bring your insurance card/s and ID when you come for your appointment.

QUESTIONS OR CONCERNS

If you have any questions or concerns prior to your procedure please contact Jennifer Balloumi, the Surgical Scheduling Coordinator at 301.681.3400 ext 427