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PRE-OP & POST-OP INSTRUCTIONS for surgeries performed at Hospitals or Surgery Centers

1-2 Weeks before Surgery:

1. Pre-op appointment at our office
2. If surgery is scheduled at a hospital, pre-admits are required. You will be mailed/given instructions on how to complete.
3. If surgery is scheduled at Optum Surgery Center, pre-ops are required at the surgery center. You will be mailed or given their information on how to call and schedule.

Day Before Surgery - see type of anesthesia for your instructions

- General Anesthesia for Adults - nothing to eat or drink after midnight (8 hours prior to surgery time)
Children - will receive special instructions.
- Local with MAC Sedation – Nothing to eat or drink after midnight (or 8 hours prior to surgery time)
- Local Injection only – Eat a light meal prior to surgery

Day of Surgery

If surgery scheduled at a HOSPITAL: **You must arrive 2 hours before your surgery.** (this is a hospital requirement)
If surgery is scheduled at a SURGERY CENTER: **Arrive 1 ½ hours before your surgery.**

DO ...

1. ... Arrange transportation to and from surgery as you will not be able to drive after surgery - bus or taxi is *not* acceptable. Bring the name & phone # of the person transporting you. (*ONLY Local Injection is exempt.*)
2. ... have a responsible adult at home to care for you the first 24 hours.
3. ... **STOP SMOKING.**
4. ... stay in the area after surgery (within 30-45 minute travel time to office).
5. ... bring your current list of medications and all supplements to your pre-op visit.
6. ... call the office if you become ill prior to your surgery date.
7. ... arrange for transportation to and from office for post-operative visit (within 1-6 days).
8. ... shower & shampoo the night before or morning of surgery. Do not use any lotion or powders.
9. ... take your regular medications, unless otherwise instructed. *If taking diabetic medication or high blood pressure medication, get instructions from our office about taking these meds before and after surgery.*
10. ... bring your insurance card to all appointments. Notify office of any change in insurance plan immediately.

DO NOT ...

1. DO NOT take aspirin or aspirin-containing products, supplements, herbs including green tea that increase bleeding 2 weeks prior to or after surgery.
2. DO NOT take any birth control 4 weeks prior to surgery and 3 weeks after surgery.
3. DO NOT drink alcohol for 2 weeks before surgery and 6 weeks after surgery.
4. DO NOT over-expose your skin to the sun, 2 weeks prior to or after surgery.
5. DO NOT get a perm, cut, or tint 2 weeks before or 4 weeks after surgery when having a facelift or forehead lift.
6. **DO NOT plan a dental cleaning appointment 4 weeks prior to or after surgery.**
7. **DO NOT wear jewelry, contacts, lotion, powder or make-up (including eye make-up, false eyelashes, lipstick) on the day of surgery.**
8. DO NOT wear tight-fitting clothes on the day of surgery. (Dress in loose, comfortable clothes that open in front and low-heeled shoes.)
9. **DO NOT plan on leaving town on a trip or vacation 2 weeks prior to surgery or 4 weeks after surgery.**
10. DO NOT stop taking your blood pressure medicine.
11. DO NOT drive after surgery until released to do so.

I have read & understand these instructions. I have read and received a copy of the contra-indicated medications & herb list

Patient Signature _____

Date _____