

## **National Sports Medicine Institute**

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## **Pre-Operative Instructions**

If your surgery is before 12:00 noon, do not eat or drink anything (including water) after midnight the night prior to your surgery. If your surgery is after 12:00 noon, do not eat or drink anything (including water) 10 hours prior to your surgery.

You must arrive at the hospital at least 2 hours prior to your scheduled surgery time. Your Surgery Coordinator will call you with this time one day prior to your surgery date.

Wear loose fitting comfortable clothing to and from the hospital.

Leave all valuable items at home.

You will not be able to drive yourself home nor can you use a taxi. Please make arrangements for someone to drive you.

Your anesthesiologist may call you the night before your surgery to answer any questions you have regarding anesthesia. Remember your Surgery Coordinator does not know who the Anesthesiologist will be and cannot answer question pertaining to anesthesia or anesthesia billing.

Do not take any aspirin or any aspirin-containing products at least 7 days prior to your surgical procedure. This includes any anti-inflammatory medications. If you have any questions regarding this or any medication you are currently taking on a regular basis, please call and speak to your physician's nurse or medical practitioner.

Please do not sunbathe at least one week prior to surgery due to the risk of sunburn.

### **The Day Before Your Surgery**

Remember not to eat or drink anything after midnight prior to your surgery, or as directed by your anesthesiologist. This includes water, breath mints and even chewing gum. Having food in your stomach can create a risk during surgery.

Consult your doctor about whether you should discontinue taking regularly scheduled medication, herbal products or aspirin prior to surgery. If you are advised to continue taking your medication, you should take it with only a sip of water.

Refrain from smoking after midnight and during the day of your surgery. Be sure to make arrangements in advance to have a responsible adult drive you home and be available to you after surgery.

***Regulations do not permit you to drive or use a taxicab.***

### **When You Arrive**

To ensure that there is adequate time to fill out the necessary forms and prepare for surgery, you should arrive at your designated facility at least two hours before your scheduled procedure. Family members and friends are welcome to join you.

Upon arrival at your facility, you should register at the Patient Registration Area located inside the reception area. You will then be escorted to a preparation room, where you'll be asked to change into a hospital gown. At this time, we will perform a simple physical examination to check your weight, blood pressure and temperature.

From the pre-operative area, you will then be taken to the operating suite for your procedure. During the time that you are in surgery, your family and friends are welcome to wait in the reception area.

### **After Your Surgery**

After your surgery, you will be taken to a Post Anesthesia Care Unit (PACU) where our nurses will make sure that you are comfortable. Most patients stay in the PACU for an hour or two and then are discharged home.

If your doctor decides that further observation is necessary, or that you need more time to recover from your surgery, you may be admitted to the hospital as an inpatient.

Once you have returned home, it is highly recommended that someone stay with you, at least for the first night.