



## **Planning for Surgery**

### **Health Information**

Obtaining an accurate health history from you is important when preparing for surgery. Please be prepared to provide your health care team an accurate list of any and all medications you are currently taking including vitamins and herbal medications.

### **Change in Health**

Be sure to contact your physician immediately if your medical condition should change prior to surgery, particularly if you should develop a cold or fever with congestion, since this may compromise breathing and it may be necessary to reschedule your surgery.

### **Smoking**

If you are a smoker and are planning to have surgery, it is highly recommended that you take steps right away to quit smoking. Smokers have an increased chance of complications during and after surgery. The earlier you quit before surgery, the greater your chances of avoiding complications. It is especially important not to smoke 24 hours prior to surgery, and to remain off cigarettes for as long as possible after surgery.

### **Transportation**

You must make arrangements for a responsible adult to take you home after your procedure. It is strongly suggested that you arrange to have someone stay with you during the first 24 hours after surgery. If you have questions regarding returning back to work, please consult your physician.

### **The Day of Surgery**

For your safety, pre-operative instructions must be strictly followed. Neglecting any instructions may be cause to cancel your procedure.

### **Eating & Drinking**

As a general rule, you should not eat or drink anything after midnight before your surgery. **ABSOLUTELY DO NOT EAT ANYTHING FOR SIX HOURS BEFORE ANY TYPE OF ANESTHESIA. NO GUM, MINTS OR SUCKING CANDY.** In some circumstances, you may be given permission by your physician or anesthesiologist to have clear liquids up to two hours prior to your surgery. Examples of clear liquids include water, fruit juices **WITHOUT** pulp, clear tea, and black coffee. **COLONOSCOPY AND/OR ENDOSCOPY PATIENTS:** Please follow your doctor's detailed instructions regarding bowel preparation and ingestion of clear liquids.

### **Medications**

Continue to take your regular medications the morning of surgery with a small sip of water, unless otherwise instructed by your physician. **DIABETICS**, please do not take any insulin injections or oral diabetes medications on the morning of surgery. Perform your usual home testing of blood sugar level.

**Clothing/Accessories**

Wear comfortable, loose fitting clothes that are easy to remove and replace after surgery. Do not wear eye makeup, artificial eyelashes, contact lenses, any jewelry, hairpieces, hairpins, and barrettes. Please leave all valuables at home.

**Post-Operative Instructions**

You will be provided with written discharge instructions following your surgery, along with follow-up information from your physician. Plan to rest for at least 24 hours following surgery, and take medications as instructed. It is normal to feel sleepy, drowsy or fatigued following surgery, and complete recovery from anesthesia may take hours or even days. You may have an unsettled stomach or a poor appetite, so remember to eat light foods (apple juice, toast, and soup) for the first day or so after surgery. For at least 12 hours after anesthesia, we strongly insist that you do not drive, make any important business decisions, or drink alcoholic beverages.

**Scratchy Throat**

It is not uncommon to experience a scratchy throat from anesthesia. This usually goes away within 24 hours. Gargling with warm water or using a chloraseptic spray may provide relief. If this problem persists, please contact us at 1-877-476-6642, ext. 8

**Swollen IV Site**

It is not uncommon for a bruise to form at the IV site. Elevating the effected area and applying a warm compress may relieve your symptoms. However, if you notice the site becoming red, hot, tender, swollen, infected, or you begin experiencing a fever, please call your doctor immediately. If after business hours, please visit your local emergency room. If you have any unusual symptoms or unexpected changes in your condition, please call your surgeon.