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PRE-OPERATIVE INSTRUCTIONS

Dear _____,

Your surgery is scheduled for _____ at _____. If scheduled in our office surgery center, we will notify you of the time at booking. When you are scheduled for a hospital procedure someone from the hospital will contact you the day before surgery to tell you what time to be there. There are a few important instructions we would like you to remember.

1. **DO NOT eat or drink anything** after midnight before surgery. This includes water. You may brush teeth but do not swallow water. Please take your medication in the morning with a sip of water if necessary (Please discuss this with the nurse).
2. **DO NOT** take the following medications **TWO WEEKS BEFORE SURGERY**: Aspirin, Ibuprofen, Advil, Anti- Inflammatory medications, or any medications containing these products, **TYLENOL IS SAFE TO USE.**
3. Pre-Admission testing is required for your surgery. If you are unsure where to Have your pre-admission testing, please call 203-453-6635. The tests that may be needed are; **CBC, EKG, Lytes, Mammography,** _____. If you have testing done by your personal physician, please ask them to FAX us a copy of the test results. The fax number is 203-458-7580.
4. Wear clothing that is loose and comfortable. Make sure it has armholes that are large enough to fit over a bulky dressing should your surgery involve the head, the hands or the torso. Consider a button up shirt that doesn't need to be pulled over your head.
5. **Remove all make-up and nail polish.** Shower the night before or morning of your procedure, no powders, lotions or perfumes. Remove all jewelry, (wedding bands, watches and earrings, including body piercings) and leave all valuables at home. (There is no safe place to store them during surgery).
6. You will need a responsible adult to drive you home. You will not be allowed to drive yourself home or leave the facility alone as you will have had sedation. You may not take a cab home.
7. Plan on resting the afternoon following surgery. We recommend that a responsible adult be present the evening of surgery.
8. Please call us at 203-453-6635 if you have any questions regarding your surgery.