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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.