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## **Pre-Operative Instructions**

### **Week Prior to Surgery**

You will need to pre-register for your procedure. Bring the folder/envelope given to you at your pre-operative visit to the facility where your procedure is scheduled. Any necessary blood work will be done at this time. No fasting is required. The pre-operative nurse from the hospital/facility will give you further information for the day of surgery regarding which medications to take, what time your procedure is scheduled for, and what to expect post-operatively. Do not take Aspirin, Vitamin E, or any other blood thinners for one week prior to your procedure unless otherwise discussed. No ibuprofen or ibuprofen containing products for one week prior to your procedure if possible. Bring all of your home medications with you when you pre-register.

### **Day Prior to Surgery**

Please be aware that the hospital/facility will call you the day before your procedure with the time you will need to report in the morning. If surgery is on a Monday the facility will call you the Friday before with a time to report on Monday morning. In general, procedures are scheduled in age order.

### **Evening Prior to Surgery**

DO NOT EAT OR DRINK anything after midnight. (This includes gum, hard candy or lozenges)

### **Things to Remember For Children**

Remove all bottles and sippy cups from the crib at night. Inform all family members that the child should not be given anything to eat or drink. Do not have your child brush their teeth the morning of surgery. Bring your child to the facility in comfortable clothes or pajamas without jewelry, nail polish (including toe nails) or any hair accessories (barrettes, clips, and bobby pins). Remember to make this morning as normal as possible by bringing any types of comfort items needed such as stuffed animals, blankets, or toys. Also remember to bring bottles or special drinking cups for use after surgery as well as formula or favorite juices.

### **Things to Remember for Adults**

No alcoholic beverages for 48 hours prior to or following surgery. A responsible adult will need to be available to drive you home following surgery as you will be unable to do so. Please leave all jewelry at home. You can not have nail polish on as this will interfere with the oxygen probe to be placed on your finger. If you wear contact lenses, please bring your case to store them during surgery and consider bringing your glasses. If you wear partials/dentures please leave at home or bring your case to store them in. Also, remember to bring all your home medications with you the morning of surgery.

### **Helpful Tips**

Try to fill your prescriptions prior to surgery. This will make one less stop on the way home. If you are coming in from out of town, please bring your medications with you so they are available to you for the ride home.

### **After the Procedure**

Instructions will be given to you regarding diet, activity, medications, and post-operative appointments. We will call to check on your progress the day after surgery. If at any time you have questions regarding your recovery or anything else, please call. Good communication leads to a better recovery.