Preparing for Surgery

The Surgery Center staff wants to make your upcoming visit as comfortable and pleasant as possible. Our nurse will instruct you on your arrival time. You should expect to arrive approximately 90 minutes prior to your scheduled procedure. Some surgeries require testing before your procedure. The nurse will determine what is needed per your surgeon and anesthesiologist’s preferences. To maximize the comfort of our patients and visitors, we suggest that no more than two visitors accompany patients.

Please read the following information carefully:

- You need to have someone to drive you home and stay with you for 12 hours after your procedure.
- Unless otherwise instructed, DO NOT EAT OR DRINK ANYTHING, INCLUDING FOOD, MINTS, CHEWING GUM AND WATER AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE. No smoking after midnight. You may brush your teeth the morning of surgery as long as no water is swallowed. Ingesting anything including water, gum or mints can cause serious anesthesia complications.
- Do not take any medications the day of your surgery, unless instructed to do so. Inhalers and insulin should be brought with you the day of surgery.
- To minimize chance of infection, bathe or shower the night before and the morning of your procedure using antibacterial soap.
- Wear loose, comfortable clothing. Wear a button-down shirt if having facial or shoulder surgery. Wear a sports bra if having breast surgery.
- Do not wear any jewelry (including body piercings), makeup or cologne.
- Remove all nail polish if having hand or foot surgery.
- Remove contact lenses or bring solution and a case with you.

Children:

- If your infant or toddler takes a bottle or sippy cup, please bring one with you.
- Bring a favorite toy or blanket.
- Bring an extra pair or underwear and pajamas to wear home.
- Children under 18 must have at least one parent/guardian in the surgery center at all times. Parents are allowed and encouraged to be with their children during the admitting and recovery periods.