

Food or Drink: After midnight and until you have your surgery, you should have ***nothing at all by mouth unless*** you have been ***specifically instructed*** differently by your Surgeon or Anesthesiologist. This means no food or liquids.

Medications: ***Only take medication for your heart or blood pressure with one sip of water the morning of surgery. (If on insulin or diabetes pills – hold morning dose.) DO NOT TAKE ANY OTHER MEDICATION ON THE MORNING OF SURGERY UNLESS INSTRUCTED TO DO SO BY YOUR ANESTHESIOLOGIST OR SURGEON.***

For your safety, any exception to the “Food or Drink and Medications” instructions above must be approved prior to surgery by your Anesthesiologist. Your procedure may be rescheduled or canceled if these instructions are not observed.

The Day of Your Surgery: To make your Surgery Center visit as easy as possible, there are several things you should do ahead of time:

- Arrange for someone to drive you home and to be with you after surgery
- Bathe or shower in the morning and wear clean, comfortable clothing that will fit easily over bulky bandages. For eye surgery no long sleeve shirt or blouse.
- Remove all makeup prior to arrival
- Leave watches, jewelry (including wedding bands), metal body piercings, and credit cards or other valuables at home to avoid potential loss. Facial piercings and any piercings at or near your surgical site must be removed. **NO EXCEPTIONS.**
- Bring a list of all your current prescription medications
- Bring all reports, X-rays, or papers given to you by your doctor
- If the patient is a child, do not forget to bring a favorite toy or blanket

Patients under the age of 18 should have a parent or legal guardian accompany them. The parent or legal guardian must sign the necessary forms and talk with the anesthesiologist. **If not the parent, the guardian must bring a copy of court authorization. We request that the parent or guardian remain at the Surgery Center during the surgery.**

- Bring your **insurance card and photo ID with you.**

If you are having foot, ankle, or knee surgery it is a good idea to bring crutches with you. You may purchase or rent them at most local pharmacies.

To ensure your safety, **we require that you arrange for a ride home before your surgery.** If no one can drive you, call 888-232-8121 to make reservations. Reservations must be scheduled prior to the day of surgery. If you have not planned for transportation home, your **surgery will be postponed or canceled until you have arranged for a responsible adult to drive you home.**