

Patient Preoperative Guide

This guide is designed to assist as you prepare for your surgical procedure.

Your surgery _____ is scheduled for _____ at _____
Date/Time Location

Information you should have after your visit to the surgeon:

- Your reasons for surgery, including alternative treatments, risks of planned surgery, expected outcome, and the expected duration of the surgical procedure.
- If you are having an outpatient procedure or if hospitalization is required, you should know how long you will be at the surgical facility and how it will be decided when you will go home.
- Your need for anesthesia, techniques considering the planned operative procedure, how anesthesia will be performed, who will be performing it and when you will meet the individual performing the anesthesia.
- Whether a preoperative evaluation will be required and whether your surgeon or primary care physician will complete it. (If a preoperative clinic is used, you should know where it is and who to contact at the clinic.)
- If your surgeon requests a preoperative evaluation, you should schedule an appointment no earlier than 30 days before your procedure and no later than 72 hours before your procedure.
- When you will feel better after the procedure and when you will be able to resume regular activities such as return to work, etc.
- Where your family can wait and when and where the surgeon will communicate with your family and friends after your surgery.
- Answers to any other concerns you have regarding the surgery.
- Check with your insurance plan or the business office of the surgical facility regarding insurance coverage and personal cost.

Preoperative Evaluation

- You should bring bottles of your prescription (including all inhalers and eye drops) and nonprescription medications, vitamins and herbal supplements that you are currently taking.
- You will receive specific instructions regarding what you are to do in the 24 hours preceding your surgery.

No later than one week before your surgical procedure complete the following list:

- You should read facility specific information on what to expect before, during and after surgery.
- If you have not received a copy of the information from the surgical facility, please contact your surgeon's office or the surgical facility directly.

Last 24 hours before surgery:

- You should take prescription & nonprescription medications according to physician's instructions.
- You should arrange for a responsible person to drive you home and care for you after your surgery.

Night before surgery:

- You should eat a regular meal unless otherwise directed by your surgeon.
- You should pack the items you will bring to the surgical facility.
- You should not bring jewelry, money, credit cards and other valuables.
- You should pack storage containers for dentures, removable bridges, contacts and glasses.
- You should bring your insurance cards.
- You should shower with a special soap if asked.

After midnight:

- You should follow specific instructions for what you may eat and drink.
- You should take any medications as directed by your physician with a small sip of liquid.

Especially for children:

- You should call your surgeon's office if your child has an upper respiratory infection or fever 24 hours before procedure.
- You should talk to your child about what is expected.
- You should follow any special feeding instructions.
- You should bring the child's favorite toy or blanket.
- You may want to arrange for a tour of the facility – where available.