

Pre-Operative Instructions Adult

Your procedure has been scheduled at Pacific Rim Outpatient Surgery Center (PROSC). The staff at PROSC will attempt to contact you within 1 week of your scheduled procedure to review your health history and discuss these instructions.

Please read over and keep these instructions, as you will be given your surgery time, arrival time, fasting times, and medication guidelines when you are contacted by the staff at PROSC.

Important Information

- **DO NOT EAT OR DRINK AFTER THE TIMES INDICATED AND HAVE AN ESCORT AVAILABLE TO GIVE YOU A RIDE HOME AFTER DISCHARGE OR YOUR SURGERY WILL BE CANCELLED**
- We require that a responsible adult stay with you at home for the first 24 hours after surgery.
- Patients who are under 18 years of age MUST have a parent or legal guardian remain on site at all times.

Surgery Day/ Date: _____ **Surgery Time:** _____
(*surgery times are approximate)

Arrival Time:

Fasting Guidelines

- No food, milk, gum, or candy **8 hours** prior to surgery check-in.

STOP EATING @:

- You may have 12 ounces of **clear** liquids up to **3 hours** before you check-in for surgery.

Clear liquids include Water, Cranberry Juice, Apple Juice, Black Coffee, Black Tea, or Soda Pop.
NO milk or juice with pulp.

STOP DRINKING CLEAR LIQUIDS @:

Day of Surgery

- Please bring your photo ID and insurance card.
- Leave valuables at home. We will provide a bag for your clothes, but are not responsible for valuable items.
- Remove all jewelry prior to arrival.
- You may brush your teeth, or rinse your mouth with water, but do not swallow any water.
- Bring eye drops, respiratory inhalers, and/or CPAP if you use them.
- Wear comfortable, loose-fitting clothing to accommodate any dressings after surgery.

Medication Guidelines

You may take your morning medications with a sip of water unless otherwise instructed (see below).

If you have any questions please call your surgeon or Pacific Rim Surgery Center 360-788-7740

- **Do NOT** take Herbal Medications or Non-Vitamin Supplements for 7 days prior to surgery.
- **Do NOT** use any erectile dysfunction medications (Viagra, Cialis) 72 hours prior to surgery.
- **Do NOT** take NSAIDs (Ibuprofen, Aspirin, Naproxen, Celebrex) 48 hours prior to surgery.
- **Do NOT** take any illicit drugs 24 hours prior to surgery.
- Moderate alcohol consumption (1-2 drinks) is permitted the evening before surgery.
- Talk with your surgeon regarding any Blood Thinning medications you are taking (Coumadin, Plavix etc.)
- If you take a Beta Blocker _____ Please take it as scheduled.

On the morning of surgery

- **Do NOT** take vitamins or minerals.
- **Do NOT** take ACEI or ARB Blood Pressure Medications: _____
- **Do NOT** take oral diabetic medications: _____

Skin Care

- Take a bath or shower **the night before and morning of surgery.**
 - Use a fresh bar or liquid antibacterial soap (examples: Dial, Safeguard).
 - Wet your body and wash with soap and clean washcloth.
 - Rinse well; it is important to get all the soap off your body.
 - Dry well with a clean towel.
 - Put on clean clothes.
- **Do not** shave near the operative area.
- **Do not** wear make-up, perfume, or hairspray.
- **Do not** use lotion, cream or powder.
- Report all rashes, cuts, sores, or skin problems near the operative area to your surgeon prior to surgery.

After Surgery

- You will be taken to the Recovery Room where most patients spend 1-2 hours prior to being discharged home.
- Once you are awake and comfortable, your escort is welcome to stay with you in the Recovery Room (2 visitors maximum).
- Your Recovery Room nurse will discuss discharge instructions with you and your escort, and provide you with the instructions in writing to take home.
- If your surgeon writes a prescription for you, we will call it in to your preferred pharmacy, or provide you with the prescription.
- A follow up appointment with your surgeon's office will be made for you by the Recovery Room staff, if not already done pre-operatively.
- Have food and fluid available at home for after your surgery. We suggest a bland, easy to digest diet, and ample fluids.

*If you have questions or concerns before your surgery please call your surgeon's office or
Pacific Rim Outpatient Surgery Center*

360-788-7740