

## Preoperative Patient Instructions

### Please follow your preoperative instructions

- The evening before your surgery, (or Friday for a Monday surgery), the Ambulatory Care Unit will call between the hours of 5:00 and 8:00 pm with your **arrival time**.
- **Final instructions** will be given at that time.
- If you wish to contact us during these hours, please call **724-357-7090**. After 8:00pm please call the main hospital number 724-457-7000 and ask for the shift coordinator.

### Eating and Drinking

- **No solid foods or dairy products (milk, yogurt, creamers) after midnight**
- **You may have clear liquids up to 2 hours prior to your arrival time**  
Water, apple juice, **white** grape or cranberry juice  
Coffee or tea with **NO** creamer/milk  
Clear electrolyte drinks (Powerade, Gatorade/Pedialyte, no red or purple drinks)
- **Instructions for children under the age of 2 years old**
  - ▶ \*Clear liquids- up to 2 hours prior to arrival time
  - ▶ If breast fed-up to 4 hours prior to arrival time
  - ▶ If bottle fed-up to 6 hours prior to arrival time
  - ▶ If you have any questions, call the Ambulatory Care Unit at 724-357-7090

### Medications

- You **SHOULD** take the following medications with a sip of water - if this is a medication that you normally take in the morning.
- **Contact prescribing physician for stopping and restarting the following medication; and then inform your surgeon.**
- If you take **diabetic medication** you should check your blood sugar on the morning of surgery. If it is below 70 take a tube of glucose gel and recheck in 15 minutes (if it is still below 70 repeat glucose gel). Inform your nurse of the reading when you arrive.
- If you are on an **insulin pump** device, you will need to contact your prescribing physician for specific instructions. Bring extra supplies with you.
- **Stop all vitamins/minerals/herbals/supplements** for 7 days unless otherwise instructed.
- All other medications can be resumed after surgery unless otherwise instructed by your physician.
- **Do not take over the counter pain medications/NSAIDS-including ibuprofen/Motrin, naprosyn/Aleve 7 days prior to your surgery date.** You may take Tylenol/Acetaminophen if it is not contraindicated for you.

### Other Reminders

- Leave **valuables** at home.
- **Do not wear any make up**, especially eye make-up and mascara.
- **Trim nails and remove nail polish** (including toe nail polish if you are having surgery from the hip down)
- If you have **acrylic nails**, you **MUST remove** one from each hand, preferably the middle finger  
NOTE: If you are having hand/wrist/elbow surgery you MUST removal all acrylic nails from the side you are having surgery on.
- **Remove ALL jewelry and body piercings.**
- **Remove contacts**, you may wear your glasses.
- **Do not wear any creams, lotions, perfume/cologne, aftershave, hair care products containing alcohol.** If you are having breast surgery, do NOT wear any deodorant.
- Wear loose/comfortable clothing. If you are having eye/breast/shoulder surgery, we recommend a button up shirt.
- **You MUST have someone responsible to drive you home** - for your safety we strongly recommend a responsible person to stay with your overnight, or be easily accessible by phone.
- **Do NOT use any alcohol for 24 hours before and after surgery.**
- **Do NOT use any tobacco products - including chewing tobacco for 24 hours before and after surgery.** We prefer that you stop using ALL tobacco products.
- If you have been give **cleansing soap (Hibiclens)** to prevent infection, please use as directed.
- **Do NOT shave from the chin down for 48 hours prior to your procedure.**
- If you have been ordered any **equipment/supplies**, you will need to bring with you to the hospital:
  - ▶ crutches/walker
  - ▶ incentive spirometer
  - ▶ Ted hose/support stockings
  - ▶ surgical bra
  - ▶ special braces/supplies
- **Please notify your surgeon/procedure physician** if you have ANY change in your health condition prior to your procedure. Example: fever, sore throat, cough, rashes, visit to emergency department or new medication.

**FAILURE TO FOLLOW THE INSTRUCTIONS COULD LEAD TO  
DELAY/CANCELLATION OF YOUR SURGERY.**