

PATIENT'S PRE-OPERATIVE INSTRUCTIONS

1. **NOTHING** to eat or drink after midnight the night before surgery. **NOTHING** to eat or drink the morning of surgery. This includes water, candy, and gum. Medication should **not** be taken unless instructed to do so by the doctor.
2. **Remove** all jewelry, hairpins, and barrettes. **Do not apply any facial lotions or make-up.** Do not wear a pull-over top. Buttons or zipper front only.
3. Leave all valuables at home, including money and credit cards.
Jacksonville or Orange Park Surgery Center – Must bring insurance card.
4. Please make arrangements for someone to take you home. You cannot drive after receiving anesthesia.
5. You will receive a call from the surgical facility the day before surgery to confirm the time. (Monday patients will be contacted on Friday).
6. You must have someone stay with you the night of surgery.
7. **NO ASPIRIN, IBUPROFEN (MOTRIN/ADVIL), NAPROSYN (ALLEVE), VITAMIN E, ST. JOHN'S WORT & GINKGO BILOBA** or products containing these medications should be taken for two weeks prior to surgery. You may take Tylenol and Extra Strength Tylenol.
8. In order to reduce bleeding you should stop smoking and avoid alcohol for two weeks prior to surgery.
9. Notify the office in the event of an upper respiratory infection or an illness prior to the scheduled date. We may need to see you and evaluate your condition.
10. No strenuous activity or exercise for three weeks after surgery. You may walk and do light activity as soon as you feel able.
11. Notify the office of any problems or call for any concerns or questions. We are always available. Our number is (904) 880-0911.
12. About moderate sedation anesthesia: Monitored anesthesia with sedation provides reduced anxiety and pain. Drugs are introduced into the bloodstream through an intravenous catheter. This will place you in a very comfortable semi-conscious state.