

## Pre-Op Instruction Sheet for **Dr. Baader's Patients**

### **Driver/Escort:**

- We require that a responsible adult drive and/or escort you home and stay with you for the first 24 hours after surgery if you receive sedation
- Patients under 18 years of age must have a parent or legal guardian remain at the surgery center at all times
- Please ask your escort to avoid using perfumed products

### **Before Surgery Skin Care:**

- Please shower and wash your hair
- Please avoid shaving any area near your surgical site for 2 days prior to your day of surgery
- Please trim your finger nails and/or your toe nails and clean underneath them

### **Day of Surgery:**

- Please shower again today
- Please bring photo ID and insurance card
- Please remove all jewelry prior to arrival and leave valuables at home
- Bring respiratory inhalers and/or your CPAP if you use them
- Bring migraine medication
- Wear warm socks and comfortable, loose fitting clothing. Please wear freshly laundered clothing.
- Do not wear make-up on your face or perfumed products
- Breast surgery patients: do not shave under your arms or wear deodorant. Please wear a button down shirt and bring a bra to wear for recovery.

### **Daily Medications:**

- You may take your daily medications with a sip of water unless otherwise instructed (**If you have specific questions about which medicines to take prior to surgery, please contact your doctor's office**)
  - **Herbal Medications, Supplements, Non-medical therapies:** Do NOT take
  - **Erectile Dysfunction** medications (Viagra, Cialis): Do NOT take for 48 hours prior to surgery
  - **NSAIDs** (Ibuprofen, Aspirin, Naproxen, Celebrex): Do NOT take without prior approval from your surgeon
  - **Illicit Drugs:** Do NOT take for 24 hours prior to surgery
  - **Blood Thinning medications** (Coumadin, Plavix, etc.): Please talk with your surgeon for directions
  - **Beta-Blocker medication** for your heart: please **DO TAKE at the regular time**
  - **Diabetic medications and Blood Pressure Medications:** See form with pre-operative staff

### **After Surgery:**

- You will be taken to the recovery room where most patients spend 30 minutes to 1 hour
- Once you are awake, your escort is welcome to stay with you in the recovery room (a nurse will meet your escort in the lobby)
- Your recovery room nurse will discuss discharge and home instructions with you and your escort. We will also give you these instructions to take home with you.
- If your surgeon writes a prescription for you, we will provide it to you
- A follow-up phone call will be made from a recovery room nurse 1-4 days after your surgery
- A recovery room nurse will speak with you about a follow-up appointment at your doctor's office
- Have food and drinks available at home for after your surgery

### **What you can do to decrease your risk of infection before and after surgery:**

- Wash your hands frequently
- Ask any person caring for you to wash their hands before having contact with you
- Follow the directions about showering
- Keep your bandage clean and dry. Do NOT touch your surgery site.
- If you smoke, quit or decrease your smoking before surgery and while you are healing
- If you are a diabetic, control your blood sugar carefully before and after surgery
- If your doctor prescribes antibiotics, take them exactly as directed

**If you have any questions or concerns, please call us at 360-671-6933 and ask to speak with a pre-operative nurse. Thank you for your cooperation.**

**We look forward to serving you!**