

Pre-Op Instruction Sheet for **Dr. Yin'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
- 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 if they wish to accompany you in the recovery room

Before Procedure Skin Care:

- Please shower and wash your hair

Day of Procedure:

- **Your “usual pain” must be at a moderate level (4 out of 10 or higher)** on the day of your procedure. If it is not, please contact us at BASC 360-671-6933 as soon as possible
- If you have been sick with cold/flu symptoms, or any other infection, please call us at BASC 360-671-6933
- Please shower again today
- Please bring photo ID and insurance card
- Please leave valuables at home . We will provide a bag for your clothing but we are not responsible for valuable items.
- Remove all jewelry prior to arrival
- Bring respiratory inhalers and/or your CPAP if you use them
- Bring migraine medication
- Wear warm socks and a loose, comfortable clothing. Please wear freshly laundered clothing.
- Do not wear perfumed products

Daily Medications:

- Please do not take any antibiotics prior to speaking with Dr. Yin
- Do not take any pain, anti-anxiety, or sedating medications after midnight, the night before your procedure (If you use a Fentanyl or Butrans Patch, leave it on unless otherwise instructed.)
- If you use Warfarin, Coumadin, or Plavix, please check with Dr. Yin for special instructions 360-527-8111
- You may take your other regular daily medications with a sip of water, unless otherwise instructed by Dr. Yin
- **(If you have specific questions about which medicines to take prior to surgery, please contact Dr. Yin at his office 360-527-8111)**

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!**