

Preoperative Guidelines

You and your doctor have decided that surgery is the next step in the treatment of your problem. These guidelines have been prepared to aid you in the final process before your procedure. These are general guidelines and, as always, if you have any doubts about how to proceed, please check with your doctor.

1. You should not eat or drink **anything** after the midnight prior to your procedure.
2. Smoking- people who smoke have a higher chance of complications during and after their surgery. If at all possible, it is recommended that you completely quit smoking for 4 weeks before your procedure to maximally reduce your complication rate.
3. If you have any preexisting medical problems, you should have received a preoperative evaluation with your primary care provider. Medical problems that require attention include: Bleeding disorders (hemophilia, Von Willibrands disease), Heart conditions, High blood pressure, Obesity, Pulmonary disorders (asthma, emphysema, bronchitis), Diabetes, Thyroid disorders, Seizure disorders, and Liver or Kidney disorders.
4. Medications- certain medications can safely be omitted on the morning of your surgery; others should be taken on schedule. General guidelines include the following. As always, if unsure, check with your doctor.
 - Asthma medications- inhalers are safe. Inform your doctor if you are having any respiratory difficulties on the morning of your surgery or if you are taking steroids for your asthma.
 - Heart/Blood Pressure medications- may be taken on the morning of your surgery with a sip of water.
 - Diabetes- If you are on insulin take half of your usual morning dose. Your blood sugar will be monitored prior, during and after your surgery and additional insulin given if necessary. Do not take oral diabetic meds.
 - If you are taking aspirin or non-steroidal anti-inflammatory medications (ibuprofen, indomethicin, or similar meds) for pain management: These are best stopped 1-2 weeks prior to your procedure in order to minimize bleeding complications.
 - Most non-prescription medications should be discontinued. This includes things such as Ginko, Garlic, and Ginseng supplements.
 - Anti-coagulants (coumadin, heparin, etc.)- Speak with your doctor.

Surgical Procedure_____

Surgery Date_____

Arrival Time_____

Surgical Facility_____

Pre-registration_____

Surgery Information

1. Blood test, EKG and/or chest x-ray may be necessary prior to the surgery.
2. Please pre-register at the hospital 1 week prior to your surgery.
3. If the surgery is performed as an outpatient, someone else will need to drive you home. They may wait with you at the hospital if you desire.
4. You will be asked to sign a consent form prior to surgery. Please do not hesitate to ask any questions that you have.
5. You are responsible for all financial aspects of your surgery. We will assist you by filing the charges with your insurance company after the surgery. Please contact us if you need to make arrangements to pay your balance over time.
6. There may be bills from an anesthesiologist, assistant surgeon or pathologist. Usually they also file these with your insurance company and will notify you of any balance due.
7. If you do not have insurance coverage, it will be necessary to pay the fee in advance. In addition, the hospital and anesthesiologist will require payment in advance.
8. You will need a 2-week post-op visit. Please schedule this in advance.