

## **Preoperative Instructions**

### **Planning for Surgery – 2 weeks or more ahead of time**

- We operate at Piedmont Athens Regional Outpatient Surgery Center, St. Mary's Outpatient Surgery Center, and at the Surgery Center of Athens. For questions about scheduling please contact our office at 706-546-7908 and our surgery coordinator will be happy to help you.
- Blood thinners including aspirin, motrin/ibuprofen, vitamin E, vitamin D, garlic, alcohol, and fish oil need to be stopped two weeks before surgery in order to decrease the risk of bleeding during your operation. You may use Tylenol/acetaminophen for fever or pain.
- If you take additional blood thinners (Coumadin, plavix, xarelto, lovenox) your doctor will give you instructions regarding how early to stop these medicines and if you need to take a different blood thinner instead.
- If you have chronic medical conditions such as hypertension, chronic lung disease, chronic kidney disease, or diabetes please discuss your upcoming surgery with your primary doctor to make sure they under good control. If the doctor has asked you to get a letter of medical clearance, please ensure this is complete by your pre-op appointment.

### **Pre-operative Appointment**

- You will come to our office for a brief pre-operative appointment to sign your consent and discuss any additional questions with your doctor.
- You will need to have a pre-operative assessment with a nurse and/or anesthesiologist at the surgery center or hospital by phone or in person depending on what surgery you are having and what medical conditions you have. This may include blood work, an EKG, and/or a chest x-ray.

### **Day Before Surgery**

- The hospital or surgery center will call you the day before your surgery to let you know what time to arrive on the day of surgery.
- Please do not eat or drink anything after midnight the night before your surgery. Your stomach must be empty for your safety.

### **Day of Surgery**

- Do not eat or drink anything; your stomach must be empty for surgery.
- Take any scheduled morning medications as directed by the nurse at your pre-op appointment with a small sip of water.
- Please arrange for a responsible adult to drive you to and from the surgical site and to help listen to your postoperative instructions.
- All jewelry and body piercing must be removed prior to surgery. Please leave all valuables at home.
- Please arrange for a responsible adult to stay with you for the first 24 hours after general anesthesia.

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