



Pre-Operative Instructions

Your procedure has been scheduled at Seaside Surgery Center (Seaside). Please take a moment to complete the Seaside Surgery [online Health Status Questionnaire](#).

A nurse from Seaside will contact you prior to your surgery to review your health history, medications and pre-operative instructions.

Failure to follow these instructions may result in the cancellation of your surgery.

IT IS EXTREMELY IMPORTANT TO ARRANGE FOR A RESPONSIBLE ADULT TO ACCOMPANY YOU TO SEASIDE SURGERY CENTER, AND TO REMAIN WITH YOU FOR THE FIRST 24 HOURS AFTER SURGERY.

A nurse will call you the day before your procedure to tell you the time of arrival.

Please notify your surgeon if there is a change in your physical condition such as cold, fever or respiratory problems.

DO NOT eat or drink anything after midnight the night before your operation, including hard candy, gum, or mints.

Do not smoke cigarettes after midnight the night before your operation.

You may brush your teeth the morning of surgery.

Medication Guidelines

Please be sure to tell your surgeon if you are taking any type of blood thinners or aspirin.

Please notify your surgeon if you are taking diet pills or any herbal remedies.

DO NOT take herbal medications or non-vitamin supplements for seven (7) days prior to surgery.

DO NOT take NSAIDs (ibuprofen, aspirin, naproxen, Celebrex) 48 hours prior to surgery.

DO NOT take any illicit drugs 24 hours prior to surgery.

Moderate alcohol consumption (1 – 2 drinks) is permitted the evening before surgery.

If you take a beta blocker, please refer to the [Beta Blocker and Blood Pressure Medication Guidelines](#).

DO NOT take any medications after midnight, unless instructed to do so by your surgeon or a Seaside nurse.

You **may** take your morning medications with a sip of water, with the following exceptions:

- **DO NOT** take vitamins or minerals
- **DO NOT** take ACEI or ARB blood pressure medications. Please refer to the [Beta Blocker and Blood Pressure Medication Guidelines](#).
- **DO NOT** take *oral* diabetic medications. Please refer to the [Pre-Op Diabetic Medication Management Instructions](#).

Skin Care Guidelines

Take a bath or shower the night before **AND** the morning of surgery:

- Use a fresh bar or liquid antibacterial soap (i.e. Dial, Safeguard)
- Wet your body and wash with soap and a clean washcloth
- Rinse well; it is important to get all of the soap off your body
- Dry well with a clean towel
- Put on clean clothes

DO NOT shave near the operative area.

DO NOT wear makeup, cologne or hairspray.

DO NOT use lotion, cream, or powder.

Report all rashes, cuts, sores, or skin problems near the operative area to your surgeon prior to the surgery.

Please follow any other special instructions your surgeon may have given you.

Day of Surgery

Bring your photo ID and insurance card.

Do not bring any valuables with you. We will provide a bag for your clothes but are not responsible for valuable items.

DO NOT WEAR ANY JEWELRY (INCLUDING BODY PIERCINGS), MAKEUP OR COLOGNE.

Wearing contact lenses is not advised. We provide containers for removable dentures and bridgework.

Bring eye drops, respiratory inhalers, and/or CPAP, if you use them.

You will need to change into a surgical gown once in the pre-op area.

Wear loose, comfortable clothing that is large enough to accommodate a bandage after surgery.

Wear comfortable shoes, such as slip-ons. **No flip-flops** please.

After Surgery Instructions

You will be taken to the Recovery Room, where most patients spend 1 – 2 hours prior to being discharged home. Once you are awake and comfortable, your escort is welcome to stay with you in the Recovery Room (2 visitors maximum).

Your physician will provide post-operative instructions regarding diet, rest, exercise and medications. Your Recovery Room nurse will discuss them with you and your escort and you will be provided with a written summary of these discharge instructions.

You will be discharged to your car by wheelchair. If anesthesia has been administered, you must have a responsible adult present to drive you home and care for you following surgery.

Have food and fluid available at home for after your surgery. We suggest a bland, easy to digest diet, and ample fluids.

A nurse from Seaside will attempt to call you the day after your surgery to check on your progress and discuss any questions you may have. If you have any unexpected problems, please call your doctor. If he/she does not respond, please go to the nearest emergency room.