



Surgery Center of Southern Oregon, LLC

2798 E. Barnett Road Medford OR 97504

PATIENT PREOPERATIVE INSTRUCTIONS FOR SURGERY

PLEASE CAREFULLY READ ALL INSTRUCTIONS

On the day before your surgery, a nurse will call you with time of arrival, specific instructions pertaining to your surgery, and ask for a brief medical history. If you have not received a telephone call by 2 p.m. the day before surgery, please call 541-858-8100 and ask for a pre-op nurse. A pre-recorded message line is available 24 hours a day with additional important preoperative information. That number is 541-608-8663 (English) or 541-608-8665 (Spanish). Please note that due to changes in the schedule, your arrival time may be changed. We will ask you to arrive approximately one hour and 15 minutes before your surgery. If you find that you are unable to keep your scheduled appointment, please contact your surgeon's office.

Food or Drink: After midnight, do not eat or drink anything (including water). **Food or water in your stomach could cause serious complications during and after your procedure.** You may brush your teeth but do not swallow any water. We also request that you do not smoke at least 24 hours prior to surgery.

Medications: Please take heart and blood pressure medications with **one sip** of water at least two hours prior to your surgery. (This is the only exception for water after midnight). Do not take any other medications the morning of surgery unless instructed by your Surgeon or Anesthesiologist. **Do not take insulin or oral diabetic medications, blood thinners, diuretics, vitamins or supplements.**

Day of Surgery:

Please understand that those providing your care may ask you the same questions that you've already been asked. While this may be frustrating, it is to prevent medical errors and to ensure your safety.

- **You must have a responsible adult drive you home after your surgery.** Your surgery will be canceled if you do not have a responsible adult driver. A responsible driver is an adult who will ensure you get into your home safely. Please arrange for someone to stay with you the first night after surgery.
- Leave all valuables at home. (These include jewelry, watches, and cell phones). The Surgery Center is not responsible for loss or damage of valuables.
- Please bring a list of your medications and allergies, a photo ID, your insurance card(s) and all paperwork given to you by your surgeon.
- Do not wear makeup, nail polish, or jewelry including body piercing jewelry.
- If you wear glasses, please bring a case to put them in.
- If the patient is a child, they may bring a favorite toy or blanket. Patients under the age of 18 must be accompanied by a parent or guardian. We require the parent or guardian to remain at the Surgery Center during the surgery.
- Please contact us prior to the day of your procedure if you have any active infection or if you have a history of MRSA (methicillin resistant staph aureus).

Your Arrival: After you are registered, a nurse will prepare you for surgery, explain our procedures, and answer your questions. Your surgeon and anesthesiologist will also visit you prior to surgery.

After Surgery: Immediately following your surgery you will be taken to the recovery room where a professionally trained staff of nurses will monitor your recovery. You will receive specific instructions for your recovery before you are discharged. A nurse will call you the next business day following surgery to check on your condition.