

# Patient Information

## *Preparation for your Procedure*

- ◆ **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE YOUR PROCEDURE.** This is vitally important, and failure to comply could result in complications and may result in postponement of your procedure. If your child is having surgery, please be sure he/she does not eat or drink anything. If your child is an infant, our anesthesiologist may have additional instructions for you.
- ◆ If you or your child are taking medications for high blood pressure or diabetes, contact your surgeon or discuss this with one of our nursing staff to ensure proper instructions to take or discontinue the medication.
- ◆ If you experience any health changes between your recent visit to your doctor and the day of your procedure, notify your doctor. Please report even minor changes such as an elevated temperature, cough or cold.
- ◆ If you suspect that you are pregnant, please notify your doctor.
- ◆ For your own safety and protection, you will not be allowed to drive a motor vehicle following your procedure. Please make arrangements to have someone bring you and escort you home from the Center. Parents may want to have an additional adult to assist in accompanying a child home.

## *Day of Procedure Preparation*

- ◆ Bathe or shower and brush your teeth the morning of your procedure. Mascara, make-up, lipstick, nail polish and contact lenses should be removed.
- ◆ Dress comfortably. Tight-fitting clothing may feel restrictive following some procedures. Wear sensible shoes allow ambulating to be easier following anesthesia.
- ◆ Please leave all valuables at home including jewelry, wallets and purses – **BUT DON'T FORGET YOUR INSURANCE CARD(S) AND PROOF OF IDENTIFICATION!**
- ◆ Limit the number of people accompanying you. We request only one to maximize the comfort of everyone waiting. Both parents of our pediatric patients are welcome.

### ***After Your Procedure***

Following your procedure, you will be moved to our fully-equipped recovery area. There, our anesthesia and nursing staff will closely monitor you. The length of stay varies, and most patients are discharged within one-to-three hours.

### ***After You Return Home***

Your physician will provide post-procedure instructions regarding diet, rest and medication. The Center will provide you with a written summary of these instructions.

Plan to have someone stay with you for 24 hours following your procedure, and pamper yourself during this time.

Since it is normal to feel drowsy after receiving anesthetic medications, we also recommend that you postpone the following activities for 24 hours after discharge:

- ◆ Driving and operating equipment
- ◆ Signing important papers
- ◆ Making significant decisions
- ◆ Drinking alcoholic beverages

**If you still have questions after you have read this information,  
please do not hesitate to call us at (561)741-1705.**