

# ORTHOPAEDIC CARE SPECIALISTS

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## **Pre-op Instructions**

Here are a few points we should highlight before your procedure:

- Do not eat or drink anything, including coffee or water, 8 hours prior to your scheduled procedure time.
- All cases after 1 pm may have coffee, tea (no milk or cream) and 1 slice of dry toast only before 7:00 am.
- If you take heart, BP, seizure, reflux, asthma or schedule pain medications and you normally take them in the morning, please do with a small sip of water before 6:00 am.
- Diabetic patients should not take insulin or diabetic pills. Diabetic patients, who are scheduled later in the afternoon, please realize we will monitor your blood sugar levels here.
- Bring any inhalers or insulin with you.
- Pediatric patients (3 years old or less) may have 2 ounces of water or apple juice ONLY up to 3 hours prior to scheduled procedure. One parent must stay at the center for the duration of your minor's stay at the center.
- Do not wear makeup of any kind. Do not use tobacco, chew gum, or eat any mints or candy of any kind, the morning of your procedure. You may brush your teeth and spit out the water.
- If you are still having a menstrual cycle, please ask for a cup if you need to urinate before going to Pre-op. A pregnancy test is mandatory for anesthesia. Also please bring your own personal hygiene supplies.
- Wear loose fitting clothing. You may bring a sweater for the waiting room, but will have to remove it before surgery. All cataract patients are requested to wear short-sleeved shirts that button down the front.
- Do not wear any jewelry, contact lenses or hairpieces. Do not bring a wallet or other valuables. Bring eyeglasses and case only.

- Please bring insurance cards, co-pay, and driver's license or I.D., if applicable.
- You must have someone drive you home. You will be here approximately 2-5 hours, depending on your procedure. Do not make any additional plans on the day of surgery in the event you are delayed.
- A pre-operative caller will be calling you prior to your surgery to obtain a pre-operative health assessment including a listing of all of your medications. If you are unable to speak with the caller, be advised that you will need to be here an extra half hour before your scheduled time of arrival.
- The time of your surgery will be assigned to you *only by* the Laser and Surgery Center's pre-operative nurse. The scheduled appointment time will be subject to change according to the physician's needs and the severity of the case.
- All patients receiving general, spinal, or prolonged anesthesia **MUST** have someone stay with them for the first 24 hours. You **CANNOT** be alone for that period.
- Blood thinners (i.e. Coumadin, Plavix, or Aspirin) must be stopped per your doctor's instructions.

Non-compliance may result in your case being rescheduled.

***Thank you for choosing Orthopaedic Care Specialists of North Palm Beach.***