

510 Lincoln Drive, Herrin, IL 62948
618-997-3100 ext.1073

SURGICAL INSTRUCTIONS

Surgery date:

Time of arrival (pending):



You will be notified by phone the day before surgery after 4:00pm with reminders or changes in your arrival time and instructions.

Instructions:

Do not eat or drink anything after midnight the night before surgery (including drinking water, chewing gum, eating hard candy or chewing tobacco). Brushing your teeth is permitted but do not swallow any water. Eating and drinking can cause serious complications and/or cause your surgery to be delayed or cancelled. We ask that you refrain from smoking after midnight the night before your surgery.

Do not drink alcoholic beverages 24 hours before surgery.

If **diabetic**, do not take you're a.m. medications (either insulin or medication by mouth) the morning of surgery. Please bring your medication(s) with you to the surgery center.

If you take medications for your **blood pressure or heart**, please take your medication(s) as directed by the anesthesiologist with just a sip of water.

Aspirin or herbal remedies: Please inform the anesthesiologist if you are taking aspirin products or using herbal remedies. These products could prolong bleeding time therefore might need to be discontinued prior to your surgery.

Take a shower or bath, but do not apply lotions or powder to your chest. This will minimize the chance of infection.

Do not wear makeup, jewelry or contact lenses. Dentures or partials may be removed prior to your surgery. Remove all nail polish.

Leave all valuables at home. You will be required to remove all of your clothing for the surgery and wear a patient gown. Wear comfortable clothing and button down shirt (when applicable for shoulder or elbow surgery).

Notify your physician or his staff at 997-6800 if there is any change in your physical condition such as a cold, fever, sore throat, rash, nausea, vomiting, or exposure to chicken pox.

A responsible adult must be available to receive instructions about your care and to drive you home from the surgery center after your surgery. If a responsible adult is not available, your surgery will be canceled. We strongly suggest a responsible adult stay with you for 24 hours after surgery.

Understand that if complications arise, a hospital transfer and admission may be necessary following surgery.

Please bring pillows with you to the Center and leave them in the vehicle. It is important to elevate the extremity to reduce swelling. Bring your crutches and/or walker when applicable.

Patient Signature: _____ Date: _____