



PATIENT PREOPERATIVE INSTRUCTIONS FOR SURGERY

We are Located at: 2798 E Barnett Rd, Medford OR 97504 Carport B is the surgery entrance.

A day or two before surgery, a nurse will call you with your arrival time, specific instructions pertaining to your surgery, and ask for a brief medical history. You may have also received a notification via text or email that allows you to fill out the preop information online at your convenience. If you have not received a call by 3 p.m. the day before surgery, please call 541-858-8100 and ask for a pre-op nurse. If unable to speak to a nurse, a pre-recorded message is available 24 hours a day with 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 change**. We will ask you to arrive approximately one hour and 15 minutes before your surgery. If you find that you are ill or unable to keep your scheduled appointment, please contact your surgeon's office.

Food or Drink: After midnight, do not eat or drink anything, this includes water, chewing gum, mints, vaping, smoking or tobacco use of any kind. **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 or vape at least 24 hours prior to surgery.

Medications: If you are on blood pressure medications, please make sure to speak with a pre-op nurse. We may ask you to hold certain blood pressure medications and take others. You can take seizure and pain medications with a **small sip** of water at least two hours prior to your surgery. (This is the only exception for water after midnight). Do not take blood thinners, diuretics, or any other non-essential medications the morning of surgery unless instructed by staff, your Surgeon or Anesthesiologist. If you are diabetic, we ask that you take a half dose of your normal insulin the night before surgery and none the morning of and any oral medication to hold the night before and the morning of your surgery. Medications you may take to help manage weight loss have very specific instructions, we ask that you call the surgery center to get these instructions.

Hibiclens: Hibiclens is an anti-microbial soap that is available over the counter at any pharmacy. We ask all patients 2 years and older to take a Hibiclens shower the night before and the morning of surgery (avoiding face, hair, and private areas). This is in addition to any other instructions your surgeon may give you.

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 one. A responsible driver is a licensed individual who will ensure you get into your home safely. Taxis, busses and Ubers are not allowed. Medical transport is allowed. You must arrange this prior to your procedure. **For your safety, please arrange for someone to stay with you the first night after surgery.**
- Leave all valuables at home. (This includes jewelry). The Surgery Center is not responsible for loss or damage of valuables.
- Please bring a list of your medications, allergies, a photo ID, your insurance card(s), and a method of payment if needed, and all paperwork given to you by your surgeon, including anesthesia evaluation form.
- Do not wear contacts, makeup, or jewelry including body piercings. **Oral piercings must be removed prior to surgery.**
- Children may bring a favorite toy or blanket. Patients under the age of 18 must be accompanied by a parent or legal guardian. A Parent or guardian must 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) TB, or C-difficile.
- Your surgeon and anesthesiologist will meet with you prior to surgery to answer any questions you may have.