

## Bellingham Surgery Center Pre-Op Instructions - 360-671-6933

1. Arrive at \_\_\_\_\_. Check in at the front desk.
2. After \_\_\_\_\_ **stop eating** solid food, non-clear liquids (milk, creamer, OJ), gum or candy.
3. You may have **only** water, apple juice, tea or black coffee until \_\_\_\_\_. After that do not have anything by mouth except those medications cleared by the nurse. Take these with just a sip of water.
4. Arrange with an adult friend or relative to drive or **escort** you home. You may not take a taxi or bus without an escort.
5. Leave your valuables and jewelry at home.
6. Do not wear **perfumed products** to the center. Tell your escort, as they will not be allowed in the Recovery room wearing perfume or cologne.
7. Wear warm socks and comfortable, **easy clothes** and shoes to wear home.
8. It is recommended you **shower** and wash your hair the night before surgery. Shower again the morning of surgery. Put on freshly laundered clothes. It's okay to brush your teeth; just don't swallow the water. Do not shave your surgery site.

- Diabetics \_\_\_\_\_ .
- Asthmatic patients: Please bring your inhalers.
- Sleep Apnea patients: Please bring your CPAP machine.
- Migraine patients: Please bring your migraine medication.
- Breast surgery patients: Please bring a bra and \_\_\_ pillows. No deodorant on the day of surgery. Do not shave your underarms for the 2 days before surgery on axilla.
- Local/sedation patients: Do not take \_\_\_\_\_ the day of surgery.
- General patients taking ACE inhibitors: Do not take \_\_\_\_\_ the night before or the day of surgery.
- Eye or face surgery: Do not wear make-up.
- All Eye surgeries: Wear a short sleeved, button front shirt or blouse (no undershirt).
- Viagra, Cialis, or other ED meds should not be taken for 48 hours before surgery.

### **What can I do to decrease my risk of infection before and after surgery?**

1. Wash your hands frequently. Use hand sanitizer if a sink is not handy.
2. Ask anyone caring for you to wash their hands before having contact with you.
3. Follow directions about showering to decrease bacteria levels on your skin.
4. Keep your bandage clean and dry. Do not touch your surgery site.
5. If you smoke, quit or decrease your smoking before surgery and while healing.
6. If you are diabetic, control your blood sugar carefully before and after surgery.
7. If your doctor prescribes antibiotics, take them exactly as directed.