

## *Our team will guide you through every step of your surgical process.*

If preoperative diagnostic testing is necessary, it will be ordered by your physician prior to your procedure. The Anesthesia Pre-Operative Clinic is located at the Medical Arts and Research Center (MARC) 2<sup>nd</sup> Floor. Most healthy patients will not require an additional visit with Anesthesia prior to surgery. If you have any questions, please call (210)-358-0257.

The pre-operative nurse will contact you the day before your scheduled surgery for a phone interview of your medical history and to provide pre-operative instructions.

- Report any changes in your health to your surgeon immediately – especially a fever, cough, cold or sore throat. Please notify your physician if there is any possibility you could be pregnant.

## *Registration Information*

Please remember to bring your health insurance card and driver's license or other valid identification. Also bring a credit card or blank check for any co-pay that may be due.

## *Prior to Surgery*

- Please leave ALL other valuables at home
- Eat a light dinner the evening before your surgery and do not drink alcoholic beverages. Do not eat or drink anything: including water, chewing gum or mints, after midnight the night before your surgery.
- Wear clean, loose comfortable clothing and low-heeled shoes.

## *Cleanliness is very important to reduce the risk of surgical site infection.*

- At your pre-operative visit with your surgeon, you will receive a bottle of Hibiclens Chlorhexidine soap to use both the evening before, and the morning of your surgery. Bathe or shower using this soap over your entire body starting with the neck on down. You should use your regular soap and shampoo for your hair and face.
- Special attention should be paid to underarm, breast, feet, groin and skin fold regions and the region of the surgery. Rinse well after washing. You may apply deodorant unless instructed otherwise by your surgeon.
- Do not shave the area where your surgery will be done.
- You may brush your teeth before coming to the hospital. Do not put creams or lotions. Do not wear any makeup, perfume, or nail polish. Wear your hair loose and avoid clips, pins and bands.

- Dentures, hearing aids, contact lenses and glasses cannot be worn during your procedure. If you use any of these items, please bring their cases with you for proper storage, or plan to have your family keep them for you.
- Remove all body piercings.
- On the day of the procedure, be sure to take your daily medication as advised by your physician. If you are diabetic or take medication for your heart, make sure your physician is informed about your surgery and gives you instructions to follow.
- Bring a complete list of all medications you are taking (including over the counter medication and herbal supplements).

## *Day of Surgery*

- On the day of your surgery, report one hour prior to your scheduled procedure, unless instructed to arrive earlier.
- Go to the 3<sup>rd</sup> floor where you will be asked to complete essential paperwork related to your surgery.
- You will then be escorted to holding where a nurse will prepare you for your surgery.
- When you are ready for your surgery, you will be taken to a surgery holding area where a family member or significant other will be allowed to be with you. During your surgery, your family and significant other can wait in the Surgery Waiting Room also located on 3<sup>rd</sup> floor.
- Following your surgery, the time spent in the Recovery room will be based on the type of procedure performed and your response to the anesthesia administered. Visitors are restricted during your initial recovery, but nurses and volunteers are available to keep your family updated.
- It is important that you make arrangements to have a responsible adult drive you home. Someone should stay with you for a least 24 hours following surgery. We will give you a copy of post-operative instructions regarding your diet, medications and activities.
- Pediatric patients should have two adults to accompany them – one adult to drive and one to attend to the child.

### **For 24 hours after your anesthesia:**

- **DO NOT** drive or operate equipment
- **DO NOT** sign important papers or make significant decisions.
- **DO NOT** drink alcoholic beverages or take any medication without your doctor's knowledge or approval.