



How to Prepare for Your Procedure

[COVID-19: CLICK HERE TO LEARN HOW WE ARE PROTECTING OUR PATIENTS](#)

PRIOR TO YOUR PROCEDURE

- A member of our nursing staff will call you a few days before your procedure to give you the time of arrival and to go over your medical history, medications and any other pertinent information. If you do not receive a call the day before your procedure, please call the center at 862-244-8100.
- It is important that you arrange for a responsible adult to accompany you to our facility and to be available to you for 24 hours post-surgery.
- You may not drive yourself home.

GENERAL PRE-OP INSTRUCTIONS

- You should not eat or drink anything 8 hours prior to your procedure. This includes water, gum, candy, etc.
- Leave all jewelry and valuables at home.
- Please do not wear dark nail polish or contact lenses; bring your glasses.
- Wear loose, comfortable clothing that is easily removed for your convenience.
- Bring an up to date list of your current medications including herbs, vitamins, supplements, and over the counter medications. Make sure to include name, dosage, and how often you take them.
- Medication restrictions: consult your doctor.

- Women of childbearing age will need to provide a urine sample when they arrive at the facility.
- Pre Op testing or Covid testing may be required prior to your surgery. The pre op nurse will discuss this with you on the pre op call. Please make sure you have spoken to a member of our nursing staff before the day of surgery. If you experience a change in your health, such as a fever, please notify your doctor prior to your scheduled procedure.

DAY OF PROCEDURE

- Please arrive 1 hour prior to your scheduled procedure time.
- Bring a photo ID and insurance card.
- Upon arrival you will be asked to complete admission and consent forms.
- Following admission, you will be asked to be escorted to the pre op area and will change into a hospital gown and be prepped for your procedure.
- Prior to your procedure, you will meet with the Anesthesiologist, Pre-Operative Nurse, OR Nurse, and Surgeon. You will have the opportunity to ask any questions you have.
- After meeting with your surgical team, we will take you in for your procedure.
- Your companion may choose to stay in the waiting room, or a staff member will be happy to make a telephone call when you are prepared to leave.

AFTER THE PROCEDURE

- Your physician will provide post-Operative instructions. The post op nurse will discuss them with you and your companion prior to discharge. You will also be provided a written copy.
- Once you meet the centers discharge criteria you will be discharged with the assistance of a nursing staff member
- A member of our nurse staff will call you the day after surgery to check on your progress and discuss any questions you may have. If you have an emergency, please do not call the center. Call your doctor or go to the nearest Emergency Room.