

## Please take a few moments to read these important instructions before your procedure.

### Things to bring with you on the day of your surgery

- You must bring your insurance ID card.
- Be prepared to pay any fees or copays prior to surgery, and to pay for any prescriptions. Check, debit, cash, or credit cards are accepted.
- A list of your current medications.
- Packet sent to you in the mail with all the necessary forms.

### Before your surgery

#### Food and drink

It is very important that you do not eat anything eight (8) hours before surgery. This includes gum, mints, or candy. Clear liquids are encouraged and only permitted up to 4 hours before surgery.

Clear liquids include:

- Water.
- Clear juice such as apple juice.
- Black coffee or tea.
- Broth, popsicles and things you can see through at room temperature.
- Do not drink milk, cream, or citrus juice.
- Please ask your surgeon for food and drink instructions for children scheduled for surgery or a procedure.

Why is this important?

Avoiding food and drink will help prevent serious anesthesia complications such as Aspiration Pneumonia (involuntary inhaling of stomach contents into the lungs). **If you do eat or drink outside the guidelines noted above, the anesthesiologist will cancel your surgery.**

#### Medications

If you take prescription medication for blood pressure, heart conditions, stomach acid, psychiatric conditions, pain, or breathing conditions, take these medications first thing in the morning with a small sip of water.

- Use breathing inhalers on your normal schedule. Bring your inhaler with you.
- Diabetic oral medication SHOULD NOT be taken the morning of surgery.
- Insulin users – you will receive instructions from your surgeon or primary care physician.

#### Medication list

It's very important that you bring a list of your current medications with you. If you have a pacemaker, or other implanted device, please bring the ID information card with you the day of surgery.

## What to wear

- Bathe or shower the morning of surgery.
- Wear loose-fitting, comfortable clothing.
- Wear glasses instead of contacts.
- Do not wear makeup.
- If having foot surgery, you must remove toenail polish.
- Remove all body piercing – including tongue studs.
- Remove and leave all valuables (jewelry, watches, etc.) at home.

## Bring a chaperone or guardian

While your procedure is taking place, a guardian must be present at all times in the surgical waiting room.

### Children:

A parent or legal guardian must remain in the waiting room during the scheduled procedure. For children who are adopted, in foster care, or do not have a biological parent available at the time of the procedure, a legal and responsible adult must bring original guardianship or medical power of attorney paperwork with an official state seal with them to provide evidence of guardianship.

## After your surgery

### Going home

Because you will be under anesthesia during surgery, you will not be permitted to drive yourself home after your procedure. So, it's important that you have a responsible adult to accompany you, even if you are using a taxi or transport service. Failure to make these arrangements could result in your surgery being rescheduled.

For your safety, please arrange to have a responsible adult stay with you for 24 hours. If you have a change in health such as a cold, fever, infection or flu, notify your physician immediately.

## Additional guidelines while visiting the Cigna Outpatient Surgical Center

### Surgical Waiting Area rules

- Please limit the number of people with you to one or two adults.
- Do not bring other children as they are not permitted in the PreOp or Recovery areas.
- No food or drink is permitted in the waiting room area in respect for our surgery patients who cannot eat or drink while they are here.

### Recovery area and recovery times

- Only one family member may be allowed in the Recovery area.
- Recovery time is usually about 45 minutes to one hour, (tonsillectomy is two hours).
- Cataract recovery time is about 15 minutes.

### Discharge

- Before discharge the nurses will review your discharge instructions with you and your responsible adult.
- Written instructions will be provided.
- A nurse will call you the next working day to check on your recovery.

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