

## Preoperative Instructions

Patient Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_

Surgeon: Ida K. Fox, MD

1. **CPAP**—Center for Preoperative Assessment and Planning:  
All patients must go to our preoperative center prior to surgery (CPAP). You will be given information today on how to set this up and it **MUST** be done within 30 days of the date of surgery. If this is done too early, it needs to be done again. If this is *not* done your surgery may be *cancelled*.
  
2. **Please call** Audrey at 314-454-6089 to set a date for the surgery if you have not decided on a date in the office today. You will need to call her again sometime after 10 AM on the *day before surgery* to verify the final time and place to report for surgery. You should set up your first post-surgery follow-up visit as well. Audrey will let you know, but Dr. Fox generally sees patients 7-10 days after surgery.
  
3. **Medications:** There are a lot of very important instructions here—if you have questions, please call us!
  - Discontinue all aspirin and aspirin containing medicines, antihistamines, and cough syrups **2 WEEKS PRIOR** to surgery.
  - If you take blood thinners (aspirin, Warfarin/Coumadin, Plavix, Heparin, Ticlid, Lovenox, etc.) your **primary care physician** must be consulted for instructions. They should be discontinued 2 weeks prior to surgery but only with your medical doctor's permission and guidance.
  - If you have diabetes, you need to ask your **primary care physician** what medicine to take the day before and day of surgery.
  - **STOP** all herbal medications (see enclosed list), diet pills, multivitamins and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen 7 to 10 days before surgery. Tylenol may be taken for pain.
  - **STOP** all cholesterol lowering medications (Lipitor, Zocor, Pravachol) 48 hours prior to surgery.
  - **DO NOT TAKE** these medications the morning of surgery: Diuretics (water pills), Benazepril, Captopril, Alapril, Quinapril.
  - **YOU MAY TAKE HEART OR BLOOD PRESSURE** medications the morning of surgery with a sip of water.

- You **MAY USE PRESCRIBED INHALERS**. Please **bring** them with you the morning of surgery.
  
- 4. **Cold/Flu:** If you develop a cold or flulike symptoms before surgery, please phone your surgeon and report this.
  
- 5. Instructions for **THE DAY OF SURGERY:**
  - **DO NOT** eat or drink anything after midnight (this includes water, coffee, hard candy). If you are diabetic, you may need special instructions from your medical doctor
  
  - All patients are required to arrive very early (often hours before the surgery time) the morning of surgery. Please bring reading material with you, for there may be a several hour waiting period prior to your surgery.
  
  - Bring a list of your medications or the bottles of medications themselves with you to the hospital.
  
  - **Exception:** you may take *heart medicines, breathing medicines, or blood pressure medicines* (no diuretics or water pills) in the early morning with a **sip** of water.
  
  - Remove all make-up, nail polish, and jewelry. Contact lenses **may not** be worn. Please remember to bring them along with their container. If you have sculpted nails, please remove **one** of them.
  
  - DO shower and wash surgical areas with antibacterial soap the night before and day of surgery. Do not shave the operative sites the day of surgery. This can leave abrasions/nicks that allow germs to enter. Do not use creams/lotions/powders over the area of the planned surgery.
  
  - Leave all valuables at home.
  
  - Recommended clothing: loose, comfortable button front shirt that can be easily removed and will fit loosely over a bulky dressing at the operative site.
  
  - You **WILL NOT BE ALLOWED** to drive yourself home, nor may you take a taxi or public transportation. Please make arrangements for a friend or relative to take you home after surgery.

**6. If Audrey says your surgery is at the Center for Advanced Medicine (CAM):**

- Parking is available in the North garage which can be entered from Euclid Ave. Valet Parking is available at the entrance to the Center for Advanced Medicine on Parkview Place. Bring your parking ticket for validation.
- Take the elevators to the 4<sup>th</sup> floor surgery center and check-in at the reception desk.
- After you check in, get additional labs done, or other tests, you will change into a hospital gown and be interviewed by the anesthesia, nursing, and other members of the team.
- Your family should wait in the waiting room on the 4<sup>th</sup> floor.
- After your surgical procedure, you will be taken to recovery. At this point Dr. Fox will contact your family members in the waiting room. You will still not be able to see your family until you have gone to second stage recovery or to your hospital room if you are being admitted. For plastic surgery patients, this is often the 4900 unit of North campus but ask at the surgery waiting room desk to be sure.

**7. If Audrey says your surgery is at Barnes Jewish South (this may be at the East Pavilion operating room or one of the many other areas in the main hospital):**

- Parking is available in the South Parking Subsurface garage located at Barnes Hospital Plaza, which can be entered from Kingshighway. A pedestrian skywalk bridge connects the garage to the first floor of the hospital. Valet Parking is available at the street level in front of the main hospital. Bring your parking ticket for validation.
- Go to the information desk in the main lobby of the hospital—it is next to the indoor fountains—and ask to be directed to the surgery check-in area.
- After you check in, get additional labs done, or other tests, you will be sent to the preoperative area where you will change into a hospital gown and be interviewed by the anesthesia, nursing, and other members of the team.
- Your family should wait in the surgery waiting room on the 1<sup>st</sup>/lobby floor.
- After your surgical procedure, you will be taken to recovery. At this point Dr. Fox will contact your family members in the waiting room. You will still not be able to see your family until you have gone to second stage recovery or to your hospital room if you are being admitted. For plastic surgery patients, this is often the 6200 unit of South campus but ask at the surgery waiting room desk to be sure.

8. Please phone Audrey at the office at 314-454-6089 if you have questions about scheduling. If you have medical questions or concerns, call Dione at 314 362-7388.