Preoperative Instructions for Outpatient Surgery

Patient Name: _____

Surgery Date: _____

Surgeon: _____

1. Rules to follow **BEFORE** the day of surgery:

    - Discontinue all aspirin and aspirin containing medicines, antihistamines, and cough syrups **2 WEEKS PRIOR**. If you take a "blood thinner", contact your medical doctor and your plastic surgeon for instructions. Take Tylenol for pain, if necessary.

    - If you develop a cold before surgery, please phone your surgeon and report this.

    - **CALL CHRISTY AT 314-362-4588 AFTER 10:00AM THE DAY BEFORE YOUR SURGERY DAY** to verify the time you are to report to the Admitting Office on the main floor.

    - All patients are required to arrive very early the morning of surgery. Please bring reading material with you, for there may be a several hour waiting period prior to your surgery.

2. Rules to follow **THE DAY OF SURGERY**:

    - Do **NOT** eat anything after midnight (this includes water, coffee, hard candy). If you are a diabetic, you may need special instructions.

    - Bring a list of your medications or the bottles of medications themselves with you to the hospital.

    - You may take heart medicines or blood pressure medicines (no diuretics or water pills) in the early morning with a **sip** of water.

    - **YOU WILL NEED SOMEONE TO DRIVE YOU HOME AFTER YOUR SURGERY. YOU WILL NOT BE PERMITTED TO LEAVE UNACCOMPANIED**.

    - Remove all make-up, nail polish, and jewelry. Contact lenses **may not** be worn. If you have sculpted nails, please remove **one** of these.

    - Leave all valuables at home.

- Recommended clothing: Loose, comfortable button front shirt that can be easily removed and will fit loosely over a dressing on the operative site.

3. Free valet parking is available on the street level front of the hospital. You may also park in the subsurface garage located on Barnes Hospital Plaza (beneath the tennis courts). Your parking ticket will be validated in the Same Day Surgery waiting room on the 3rd floor. A pedestrian sky walk bridge connects to the first floor of the hospital.

4. **REPORT TO THE ADMITTING OFFICE** located on the 1st floor of Barnes Hospital.

   - After you have been identified in Admitting, lab work and/or other testing will be obtained (if this has not already been done). You will then be escorted to the Same Day Surgery waiting room (3rd floor) where you will change into hospital pajamas and be interview by several members of the health care team.

   - During your surgery a family member or friend should wait in the 3rd floor waiting room.

   - After your surgical procedures, you will be taken to the Phase I recovery room, where your blood pressure will be checked and oxygen may be given to you. When you enter the Phase II recovery room (on the 2nd floor), your family member may join you. A nurse will review your post-operative instructions and prepare you for discharge from the hospital.

5. Please phone the office at 314-362-9100 for any questions and/or concerns.