

## Preoperative Instructions for Outpatient Surgery

Patient

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

Surgery

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

Surgeon: Thomas Tung, M.D.

### 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 for instructions. Take Tylenol for pain, if necessary.
- All surgical patients are required to complete pre-testing within thirty (30) days prior to your surgery date. If you are unable to complete testing the day of your appointment with the surgeon, please contact CPAP directly at (314) 362-4275. If testing is not completed within thirty (30) days, your surgery will be CANCELLED.
- If you develop a cold before surgery, please phone your surgeon and report this.
- Call Helen at 314 362-4588 after 10:00am the day before your surgery to verify the time you are to report to Same Day Surgery on the 2<sup>nd</sup> 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 medications 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. If you have sculpted nails, please remove **one** of them.
- 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. **REPORT TO SAME DAY SURGERY** LOCATED ON THE 2<sup>ND</sup> FLOOR OF Barnes-Jewish Hospital, South Campus

- Parking is available in the South Parking subsurface garage located at Barnes Hospital Plaza (beneath the tennis courts). Valet parking is available on the street level in front of the hospital. Your parking ticket will be validated in the Same Day Surgery waiting room on the 2<sup>nd</sup> floor. A pedestrian skywalk bridge connects to the first floor of the 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 (2<sup>nd</sup> floor) where you will change into hospital pajamas and be interviewed by several members of the health care team.
- During your surgery a family member or friend should wait in the 2<sup>nd</sup> floor waiting room.
- After your surgical procedures, you will be taken to the Phase 1 recovery room, where your blood pressure will be checked and oxygen may be given to you. When you enter the Phase 2 recovery room (on the 2<sup>nd</sup> floor), your family member may join you. A nurse will review your post-operative instructions and prepare you for discharge from the hospital.

**REPORT TO THE SURGERY CENTER** LOCATED ON THE 4<sup>th</sup> FLOOR OF The Center for Advanced Medicine on the North Campus

- Parking is available in the North Parking Garage at the end of Parkview Place across Euclid Avenue. Valet Parking is available at the entrance to the Center for Advanced Medicine on Parkview Place. Your parking ticket will be validated in the 4<sup>th</sup> Floor waiting room.
- After your paperwork has been completed, lab work and/or other testing will be obtained (if this has not already been done). You will then be escorted to the preop area, where you will change into hospital pajamas and be interviewed by several members of the health care team.

- During your surgery family members or friends should wait in the waiting room.
- After your surgical procedure, you will be taken to the recovery room, where your blood pressure will be checked and oxygen may be given to you. If you are going home the same day, a family member may join you in the Phase II recovery room. A nurse will review your post-operative instructions and prepare you for discharge from the hospital.

4. Please phone the office at 314-362-4588 for any questions and/or concerns.

Revised 3/4/04