

Skin Preparation:

BEFORE surgery, your body must be thoroughly cleaned with a special soap to decrease the amount of germs on the skin. Dial antibacterial soap may be used for this purpose. Using this soap will help reduce the chance of getting a wound infection after surgery.

The evening before surgery:

Take a shower and wash your entire body with antibacterial soap. Work the soap up into lather. Wash your body, especially the surgical area, with a clean, fresh washcloth.

Rinse thoroughly because soap can leave a film, which may interfere with the antiseptics used to clean the skin in the operating room.

Dry body with a clean, fresh towel. Wear clean, fresh pajamas to bed.

The morning of surgery:

Take a shower or wash the surgical area again with antibacterial soap. Work into lather and clean the body or surgical site with a clean, fresh washcloth.

Again, rinse thoroughly, Dry your body with a clean, fresh towel, and put on clean, fresh clothes.

Additional Instructions:

Oral Intake Instruction Set for Minor Surgery. At Midnight before your surgery: Nothing to eat or drink except water. No other liquids. At 4 hours prior to your scheduled surgery time: No water, no other liquids.

Oral Intake Instruction Set for Major Surgery. Please pick up the following from your local store: *Three (3) – 12 ounce bottles of Gatorade (any color). Note: If you cannot take Gatorade, apple juice may be substituted. If you are diabetic please substitute PowerAide Zero for Gatorade.* Night before your surgery: *Drink two 12 ounce bottles the night before your surgery.* At midnight before your surgery: *Nothing more to eat or drink after midnight. This includes candy, mint, gums, chewable antacids (TUMS/Rolaid) and cough drops.* At 4 hours prior to your scheduled surgery time: *Drink the last 12 ounce bottle and have nothing else by mouth until your scheduled surgery time.*

Pre-Operative Bowel Prep. You will need to follow the bowel prep instruction set ONLY if you have been instructed to perform a bowel prep prior to your surgery. If you have been instructed to do so.

**** PLEASE STOP CLEAR LIQUIDS 2 HOURS BEFORE YOUR ARRIVAL TIME****

- If you are having **OUTPATIENT SURGERY**, it is **REQUIRED** that you have a responsible person provide you with transportation after surgery, and must be able to stay with you 24 hours following surgery. You cannot take the bus or a taxicab home alone.
- If you are staying overnight after your surgery, you will be transported to your room after a short stay in the recovery room.
- If you develop a cold or flu like symptoms before surgery, please phone our office to report this. If you are ill we may have to cancel your surgery so please call our office as soon as possible if you are ill.

Aspirin Instructions

It is our recommendation that you stop aspirin and/or any other type of non-steroidal anti-inflammatory medication (i.e. Ibuprofen, Aleve) 10-14 days prior to your surgery date. At your preoperative testing visit your physician will discuss this with you.

If you are on aspirin regimen under the guidance of a Cardiologist or your Primary Care Physician, please notify them and let us know if they advise you differently.