



1617 S. Tuttle Avenue Suite 1A Sarasota, FL 34239
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PATIENT PREOP INSTRUCTIONS FOR SURGERY

The arrangements for your surgery are already outlined and many preparations have already been made. This can be a stressful time for you, so to make your surgical procedure easier, we have listed below the main preparations that you will need to help us with:

BE INFORMED: Be sure that you understand the procedure being performed, and ask questions if you have any concerns;

CONSENT: Knowing that the surgery is generally safe and effective, and being aware of the risks, potential complications, limitations and potential benefits is all a part of the surgical consent. You will have the opportunity to consult with your physician regarding your surgery and the surgical consent prior to your procedure.

BLOOD TRANSFUSION: Some surgeries have increased risk for bleeding and the need for a blood transfusion. If this is the case, we will make you aware of the special arrangements needed, in the event you or a family member would like to donate blood. Most surgeries performed by your physician have a minimal risk of causing major blood loss.

CURRENT MEDICATIONS: If possible, you should stop taking Aspirin, Vitamin E and certain herbs **ONE WEEK** prior to surgery, as these can cause increased post op bleeding. If you are on Coumadin, or any blood thinners or if you see a Pain Management physician, or Cardiologist please make sure the surgical coordinator is aware of this.

LENGTH OF SURGERY: Your physician has estimated that your surgery will take approximately _____hrs. Be aware that this is only an estimate. Changes in start times, alterations in the length of the surgical case, as well as, immediate post op care can delay when your family or friends will join you in the recovery area. Your physician will usually speak to them after surgery while you are in recovery.

Please try to get a good night's rest prior to surgery. If you feel a sleep aid will help to insure this, we will gladly provide one for you. You may also use Tylenol PM or Benadryl.

DO NOT EAT OR DRINK AFTER 12:00 AM THE NIGHT BEFORE SURGERY: This means no food, water, gum or candy, and no medications unless instructed by your physician. If you fail to prepare in this fashion your surgery may be CANCELLED.

DIET: It is helpful to eat a bland diet the day prior to surgery. Avoid spicy, high fat or disagreeable foods. With **SOME** surgeries, a light bowel prep is necessary the **day before** your procedure. You will be advised in advance if the prep is necessary. The instructions for the prep are as follows: insert a Dulcolax Rectal Suppository (Laxative) in the morning and a Fleets Enema in the evening around 7:00pm. If more intestinal cleaning is necessary, we will notify you and provide the instructions at your pre operative appointment.

PAIN MEDICATION: Your physician will give you a prescription for pain medication prior to surgery, please fill the prescription prior to the day of surgery. Be aware, pain medication does tend to make you constipated. Immediately after surgery, we recommend you start using Colace stool softeners twice daily until normal bowel function resumes. If you have not had a bowel movement with 48 hours post surgery, we recommend using the Dulcolax rectal suppository.

Remember to wear comfortable loose clothing to the surgical facility. Leave jewelry, and valuables and large amounts of money at home. Bring a clean comfortable pair of socks to keep your feet warm as the facilities tend to be cooler. Wear NO makeup. Contact lenses cannot be worn during surgery. If you have to wear contact lenses, please bring a case and solution for storage during your procedure.

We hope you feel comfortable and reassured that you are receiving excellent care for your surgical procedure. Please help us with your care by following your pre and post operative instructions closely.

The surgical coordinator will verify insurance and will contact you with your benefits and any amount in which you will owe prior to surgery.

If at any time you have questions regarding your procedure, please do not hesitate to contact our office at 330-8885, and speak to Teri at extension 308.