



These instructions are a guide to help you understand and prepare for your upcoming surgery. These instructions may not answer all of your questions. Please feel free to contact us with any concerns you may have at (405) 631-3085 - Option 3

The Day Before Surgery

- You will be notified the business day before your surgery to confirm your arrival time.
- Do not drink alcohol or smoke 24 hours prior to your surgery.
- Remember to drink plenty of fluids the day before your surgery.
- NOTHING by mouth after midnight the night prior to your surgery. This includes: gum, candy, mints, ice chips, tobacco etc. You can brush your teeth, just make sure to spit the water out. You might take medications with a small sip of water, if instructed to do so.

The Day of Surgery

- Bathe with an antibacterial soap (such as Dial or Irish Spring), unless you were given a special soap to bathe with.
- Do not shave near your surgical site.
- Do not wear perfumes, powders, lotions or aftershave.
- Remove nail polish and artificial nails prior to surgery. This is especially important if you are having surgery on your hand, wrist or arm. If you are having surgery on your lower extremity such as your leg, hip, knee foot or ankle, please remove toe nail polish.
- Leave all jewelry and valuables at home.
- Bring a case for your glasses. If you wear contact lenses, leave those at home and wear your glasses instead.
- Wear loose and comfortable clothing.
- Bring an insurance card and photo ID.
- Legal guardians and Power of Attorney paperwork MUST be provided upon admission.
- You must have someone who is 18 years of age or older as your ride home.
- If you become ill the morning of your procedure, please contact us or your physician's office as soon as possible to cancel.

Medications

- During your Pre-Admission Testing appointment, a nurse will review with you which medications you need to take the morning of surgery and which medications you will need to stop prior to surgery. See below for GENERAL guidelines.
 - If you normally take the following types of medications in the morning, please take them the morning of surgery with a small sip of water:
 - ✓ Blood Pressure
 - ✓ Thyroid
 - ✓ Seizure
 - ✓ Heart
 - ✓ Anti-Psychotic/Anti-Depressant
 - ✓ Respiratory medications

- In general, the following types of medications need to be stopped at least 5 to 7 days prior to your procedure:
 - ✓ NSAIDS (Celebrex, Ibuprofen, Mobic etc.)
 - ✓ Herbal Vitamins/Supplements (Ginseng, Fish Oil, Vit. E etc.)
 - ✓ Aspirin or Aspirin containing products (Pepto-Bismol, Alka Seltzer etc.)
 - ✓ Weight Loss medication STOPPED 2 WEEKS PRIOR (Phentermine etc.)
- Blood thinners also need to be stopped prior to your procedure. These include Plavix, Xarelto, Warfarin etc. Please reach out to the provider's office who prescribed the blood thinner to you for clear instructions on when to stop them.
- Diabetic Medication Guidelines: Please ask your doctor who prescribes your medication, if you should adjust your dosage the morning of surgery.

If you will be staying overnight:

- Bring all of your medications with you in the original bottles except for pain medication. Please leave pain medication at home.
- If you are having a back surgery that you need a back brace for, please bring the back brace with you to the hospital.
- If you use a CPAP or BiPAP at night, bring it with you.
- If you are having a TOTAL KNEE REPLACEMENT, TOTAL HIP REPLACEMENT or BACK SURGERY, you will need to purchase or borrow a walker prior to your surgery.

Visitors: Visitors are allowed but may be restricted to 2 visitors at a time in patient care areas. Additional visitors may be asked to wait in the waiting room. Visitors who are children, must be accompanied by an adult.