

# PRE-OPERATIVE INSTRUCTIONS

AK Surgery Center, LLC  
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San Leandro, CA 94578  
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## **IMPORTANT – Instructions for all patients having surgery**

- If you have surgery **before 1:00pm**, **DO NOT smoke, eat or drink anything** after midnight the night before surgery. Food taken less than 8 hours prior to surgery can be life threatening.
- If you have surgery **at/after 1:00pm**, **DO NOT smoke or eat anything** after midnight the night before surgery. Food taken less than 8 hours prior to surgery can be life threatening. Clear liquids are encouraged before 6:00am on the morning of surgery.
  - Clear liquids include: carbonated beverages, clear tea, black coffee, apple/cranberry/grape juice.
  - Do not drink any juice that contains pulp (orange, grapefruit juice).
  - Do not drink anything with milk or cream.
  - You may have sips of water up to 4 hours prior to surgery.
- Take medications as directed.
- You may use inhalers as needed on the day of surgery. Please bring all rescue inhalers to the surgery center.
- Blood thinning medications :
  - Do not take blood thinning medications for 3 days prior to surgery (aspirin, Vitamin E, feverfew, ginkgo biloba, ginger pills, garlic pills, or fish oil).
  - Please follow Dr. Stein, Dr. Franko and/or Jenn's instructions on when to stop prescription blood thinning medications (Coumadin/Warfarin or Heparin).
  - You may resume use of blood thinning medications the evening of surgery.
  - NSAIDs can be taken up until midnight the night before surgery (ibuprofen, naproxen, celebrex, etodolac, etc.).

- Diabetics:
  - Please bring your glucometer to the surgery center.
  - If you are insulin dependent, please check your blood sugar the morning of surgery. If your levels are abnormal for you, please contact the surgery center (510-357-1483). They will speak with the anesthesiologist and advise you on what step to follow (i.e. drinking juice or taking insulin).
  - If you take pills for diabetes, do not take them the morning of surgery, but bring them with you to the surgery center. You will be given something to eat after surgery, and you should take your medications with this food.
- Please bathe or shower and shampoo your hair the night before or the morning of surgery to decrease the chance of infection.
- Please **DO NOT** wear lotion, perfume, or cologne to the surgery center. Please leave one nail free of polish on the non-operative hand for the oxygen sensor.
- Please wear a short-sleeved shirt (without buttons) and pants without metal (i.e. sweats or pajamas pants). Please do not wear bras with underwire. If you are having a regional block, a tank top or sports bra is recommended.
- A responsible adult must accompany you, **REMAIN IN THE LOBBY DURING SURGERY**, and drive you home after surgery.
  - You **MAY NOT** drive a car for 24 hours after anesthesia.
  - You **MAY NOT** take public transportation home from surgery (i.e. BART, taxi, bus, etc).
- Please remove contact lenses and all jewelry (including piercings) prior to surgery.
- Please leave all valuables at home or with your ride (i.e. jewelry, wallet, purse, etc.). We cannot be responsible for your valuables.
- Please advise the surgery center of any illness with fever, or any changes in your medical condition(s).
- Appointments **MUST BE CANCELLED 24 hours before surgery** to avoid the \$25.00 cancellation fee (this does not apply to cash pay, see your surgical fee agreement).

Dr. Stein has a proprietary interest in AK Surgery Center, LLC.

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Patient Printed Name

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Patient Signature

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Date

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Parent or guardian signature if patient is under 18 years old