

ENTRUST MEDICAL GROUP

Pre-operative Instructions

General Guidelines for Surgical Services

Please note that these instructions are only guidelines. If your doctor has given you specific instructions that differ from those mentioned on this page, then follow your doctor's specific instructions. If you have any questions or concerns regarding your surgery or any of the pre-operative instructions, please call the office without hesitation.

Labs

If labs are ordered, they should be completed within 30 days prior to the date of surgery. If they are not completed within this time frame, the surgery may be delayed or even rescheduled.

Cardiac Clearance

Cardiac clearance may be required before general anesthesia if you have a history of cardiac disease, are under the care of a cardiologist or currently taking cardiac medication. Men over the age of 40 and women over the age of 50 may also require an EKG. You may be required to make an appointment with your cardiologist prior to your surgery, for written cardiac clearance. If an EKG was ordered and the results are abnormal, you will be required to make an appointment with your cardiologist for cardiac clearance.

Medication

When you come for your pre-operative visit, please bring with you a list of all the medicines- prescribed and non-prescribed- with you. There are many medicines which should not be taken before and after surgery. Attached is a comprehensive list of "**Do and Do Not "Do"**". Please read it, understand it and if you have any questions, please ask. (attach list of meds)

Diet

Adults: You should not eat or drink anything 8 hours prior to your scheduled surgery time, including water. Take daily blood pressure, asthma, cardiac, or seizure medications with a small sip of water as directed by your physician. Oral Diabetic medications should NOT be taken the morning before surgery, unless instructed by the surgeon or anesthesiologist.

Children:

Less than 6 months of age: No formula for up to 6 hours before surgery. No breast milk for up to 4 hours before surgery. Only clear liquids up to 3 hours before surgery. Nothing by mouth for the 3 hours immediately before surgery.

Children 6 months to 2 years of age: No solid food and/or non clear liquids up to 8 hours before surgery. No infant formula for up to 8 hours before surgery. No breast milk for 6 hours before surgery. Only clear liquids up to 3 hours before surgery. Nothing by mouth for the 3 hour period immediately before surgery.

Children older than 2 years through adult: No solid food and/or non clear liquids up to 8 hours before surgery. Only clear liquids up to 3 hours before surgery. Nothing by mouth for the 3 hour period immediately before surgery.

- ❖ Solid foods and non clear liquids= Foods, milk, formula, breast milk, juice, nectar, vegetable juice, Jell-O, gum, candy, mints.
- ❖ Clear liquids= Clear apple juice, sugar water, water, 7-up, Pedialyte, balanced salt solution (Gatorade type solution)

Illness and Cancellations

If you become ill, please contact our office as soon as possible to discuss your symptoms, as surgery may or may not need to be postponed. If you need to cancel surgery, please call 72 hours in advance so that we may fill in the O.R. time with other patients who also need surgery.

General

You should arrive at the hospital 2 hours prior to your scheduled surgery time. This will allow time to fill out paperwork and get checked in by the O.R. staff. After surgery or prior to hospital discharge, your doctor will tell you when you need to return to the office. You will need to call the next day to schedule the follow-up appointment.

Same Day Surgery

DO NOT DRIVE YOURSELF. Please bring someone who can drive you home after your surgery.

- Remove all nail polish, make-up, hairpins, body lotion before coming to the hospital.
- Leave all money, jewelry, and valuables at home.
- Bring a case for eyeglasses/contact lenses.
- Wear loose, comfortable clothing that is easy to get on/off.
- Please do not bring children less than 5 years of age to visit.
- Bring all necessary items you will need (diapers, diaper bag, cups, etc.)

If you have any questions throughout the pre-operative process, please do not hesitate to contact your surgeon's office.

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