

Mark D. Wigod, MD, PA / Meadow Lake Surgery Center

PRE-SURGERY INSTRUCTIONS

Surgery Date : _____ Surgery Arrival Time : _____

TWO WEEKS OR MORE BEFORE SURGERY

Pre-operative testing: Make certain to schedule all of the pre-operative testing and clearance you have been given as soon as possible and make certain all test results are received by Dr. Wigod.

Fill your prescriptions: Fill your prescriptions as soon as possible to ensure that they will be honored by your pharmacy. Read the pharmacy documents on how to take the prescribed medications and understand the common side effects. You may want to purchase a stool softener like Colace and / or a laxative like Milk of Magnesia if you are prone to constipation with narcotics.

STOP taking the following for the duration before your surgery. Taking any of the following can increase your risk of bleeding and other complications: Aspirin and medications containing aspirin, Ibuprofen and anti-inflammatory agents, Vitamin E, and any herbals, nutritional supplements, or any other non-prescription medicine such as cold remedies which may contain these substances. You may resume these medications 2-4 weeks post op.

Hygiene and lifestyle: In the weeks prior to surgery maintain the best of health and hygiene. Practice good hand-washing and avoid large crowds, or individuals who are ill. Do not risk catching a virus or cold: no sharing beverages or other high risk opportunities for contacting viral or other illnesses. A lingering cold, virus or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health. Inform the office if there are any signs of infection at your planned operative site.

Good nutrition: Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential.

Practice proper fitness: You need not engage an aggressive or new fitness routine; however practicing good fitness habits is an important factor in your overall health and well-being. You will not be able to return to your usual routine until 6 weeks post surgery and should limit your exercise to walking until that time.

Minimize stress: While some anxiety is common, any serious stress, or distress over the thought of surgery is something you should discuss with our office. We are here to support you and answer all of your questions. We want your decision to be one of confidence.

If you Smoke, STOP : Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery. Please let us know if you are unable to quit smoking so we can revise your care plan.

Prepare and plan: Arrange any time off of work and any support you will need at home in the days following surgery, including housework, childcare, shopping and driving. You will be able to drive after your operation when you are no longer taking pain medication. Put your schedule together for the day before, day of and first few days following surgery. Make certain a responsible adult is confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for at least 24 hours following surgery.

Find your comfort zone: Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. Shop for magazines, books and other things to keep you busy and entertained during the day or two following surgery.

Stock up: Fluids are critical following surgery. Plan to drink non-carbonated, non-alcoholic, caffeine-free, and green tea-free beverages. Have available sports drinks like Gatorade and fruit juices as well as soft, bland, nutritious food.

ONE DAY BEFORE SURGERY

Expect a pre-anesthesia call to review your state of health and anesthesia for surgery.

Pack your bag for the day of surgery. This should include: your identification, prescription medicines (if having your surgery at Meadow Lake Surgery Center), glasses if needed, and crackers and sports drink for the ride home in case of nausea. Leave all valuables at home as we cannot accept responsibility for their safety.

Confirm your route to and from surgery, with the responsible adult who will drive you. Also confirm plans with your 24-hour support person and make certain he or she has all of your post-operative instructions.

Shower as directed. Use the supplied surgical soap to wash your operative site as directed. Shampoo your hair. Do not use any scented skin creams or moisturizers. Do not use any deodorant, hair spray, perfume or cosmetics. Remove all finger nail and toe nail polish.

No food after 12 am and no water 2 hours prior to surgery arrival time. Drink lots of fluid the day prior to surgery. Sip on water only all night if you'd like, but no food after midnight. This includes candy, gum, and mints. Do not consume any water after 2 hours prior to your arrival time. Anything more may require canceling your surgery.

THE DAY OF SURGERY

No food and limited water after 6am. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. You may have 6 oz of water consumed between midnight and 6 am unless your anesthesia provider specifies otherwise.

Shower as directed (again). Use the supplied surgical soap to wash your operative site as directed. Shampoo your hair. Do not use any scented skin creams or moisturizers.

Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercings. Remove all piercings. If there is something you cannot remove, let the admitting nurse know right away.

Wear comfortable, clean, loose-fitting clothing. Wear only a top that zips or buttons up the front. Do not wear pullovers, turtlenecks, or any tight-fitting top or bottom. You may wear a robe. Wear slip on shoes. Wear clean cotton socks, as the operating room can feel cool.

Pregnancy Test. All women under 50 or who have not had a hysterectomy will need to take a urine pregnancy test upon arrival to the surgery center. We cannot proceed without a negative test, so please try to arrive with a full bladder.

Visitors. Please limit the number of visitors you bring with you or have wait during surgery at Meadow Lake Surgery Center as the waiting room is small. While they are welcome to stay, your visitors do not need to remain in the waiting room during your surgery and may return to pick you up when they are called by the nurse.

As confirmed by my attesting signature on the EMR (electronic chart), I have read and understand all of the above general instructions as well as any procedure specific instructions detailed below. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.