



## **Pre-Procedure Instructions:**

1. DO NOT EAT OR DRINK ANYTHING 8 HOURS BEFORE YOUR SURGERY INCLUDING CHEWING TOBACCO, CANDY, MINTS, GUM and COFFEE/TEA.

2. TAKE ALL REGULARLY SCHEDULED MORNING MEDICATIONS WITH A SIP OF WATER MORNING OF PROCEDURE (unless otherwise instructed see above pre-op notes).

3. You will need someone to drive you home. You WILL NOT be able to drive yourself or take a taxi public transportation, Uber/Lyft home. However, medical access rides are permitted.

4. Bring a list of your daily medication to the clinic with you.

5. The day before and the morning of procedure you will need to take a shower with anti-bacterial soap. No lotions, powders, deodorant, makeup, fingernail polish etc. should be used on body after showering.

6. Wear loose fitting clothes day of the procedure, as this is what you will go home in.

7. We ask you only bring 1-2 family members. We can only allow 1 family member back in the recovery room with patient before and after the surgery.

8. Leave all valuables at home.

9. Please be prepared to present insurance cards and drivers license.

10. A nurse will call you 24-48 hours prior to the day of your procedure to go over detailed instructions.