

## PREOPERATIVE INSTRUCTIONS : PLEASE READ AND FOLLOW

- Do not eat or drink anything (including water) for 8 hours before surgery.
  - Please arrive without any rings on your fingers. If a ring doesn't come off from the hand having surgery, you must have it removed by a jeweler.
  - Most daily medicines should be held that morning and not taken until you get home after surgery.
  - Exception: if you take blood pressure or heart medication in the morning, it SHOULD be taken with a sip of water at the usual time.
  - Insulin: if you take insulin, in most cases taking HALF of your evening long-acting insulin the night before is correct, but if unsure please ask your primary care doctor.
  - Aspirin or medications containing aspirin or anti-inflammatories such as, ibuprofen, naproxen, Advil, should be held for 5 days before surgery.
  - Blood thinners like Coumadin (warfarin), Plavix (clopidogrel), Xarelto, Eliquis, or Pridaxa also should usually be stopped for 5 days before surgery, but DO NOT do this before consulting with your cardiologist or primary doctor. These can be restarted the night after surgery.
  - Wear loose fitting, comfortable clothing, as you will change into a gown for the procedure.
  - The anesthesia doctor will meet with you about 10-15 minutes before the procedure.
  - You will need a ride home after surgery and someone to sign you out. Taxi or Uber is NOT permitted going home but is OK coming to the center.
  - Generally, patients will spend approximately 2 ½ to 3 ½ hours total at the facility depending on the procedure.
  - West Hills Surgery Center: you MUST preregister online at [www.westhillssurgicalcenter.com](http://www.westhillssurgicalcenter.com). If you do not use the Internet, visit that surgery center in person at least 24 hours prior to the procedure date.
  - Specialty Surgery Center Westlake: you MUST preregister online at [www.sscwestlake.com](http://www.sscwestlake.com) and click the *Pre-Register* link to go to the One Medical Passport registration page.
  - Please remind us to give you a pain medicine prescription in the office today as by law these cannot be called in to your pharmacy.
- \*\*\*Special Covid-19 instructions for testing \_\_\_\_\_

Your surgery is scheduled for \_\_\_\_\_  
Please arrive at \_\_\_\_\_