

PRE-SURGERY PHONE INSTRUCTIONS

for patient reference

Surgery Date: _____ Check-In time is: _____

You should be ready to leave by: _____ Please arrange for someone to drive you home.

- Bring a pillow for comfort if you have a long drive home.
 - You may have solid food until _____ and clear liquids* until _____
*clear liquids are water, fruit juice without pulp, carbonated beverages, clear tea, and black coffee
 - You may receive a call from your anesthesiologist. If no contact is made, you will have time to discuss any questions or concerns you may have on the day of surgery.
 - To help prevent infection, please wash with antibacterial soap the night before and the morning of surgery. The antibacterial soap should be used from the neck down. You may use your own products for hair and face. Please use a clean washcloth, towel and clothing after each shower. Please avoid applying powder or lotion after the second shower.
 - Please do not shave the surgical area for two days prior to surgery. We will prep the area as necessary for you.
 - Bring a pair of socks to wear in the operating room. For arm or shoulder surgery, wear a large button or zip-up shirt that will fit over your dressing. Bring a sling if you have one. For leg surgery, wear loose pants or shorts. Bring crutches if you have them. Please do not wear makeup. Please remove jewelry and/or body piercings.
 - Fill any prescriptions your doctor gave you before your surgery. Leave pain medication at home.
 - If you have asthma and use an inhaler, please bring your inhaler(s).
 - Please bring completed 1) Registration Form 2) Medication Reconciliation 3) Advance Directive Notification
 - Do you know where we are located? 10770 Donner Pass Rd, Ste. 201, Truckee, CA 96161
 - \$_____ Deposit required
 - Questions or Comments: _____
-