

Preparing for Surgery

Day of surgery arrival time

- Surgical patients will be contacted by an OSCNS nurse with arrival time and preoperative instructions.
- Endoscopy patient will receive arrival time along with prep instructions from gastroenterologist's office.
- Pain procedure patients will receive arrival time from pain physician's office along with pre-procedure instructions.

After midnight the day of your surgery

- Do not smoke after midnight the day of your surgery.
- Do not eat or drink anything after midnight the day of surgery, unless you are directed otherwise by your surgeon. Undigested food in the stomach can cause complications, and your surgery is likely to be postponed if you forget to follow these instructions.

Medications

- Refer to physician instructions related to holding medications prior to procedure. For example aspirin, ibuprofen, motrin, alieve, anticoagulants, "blood thinners", and supplements.

Pre-Procedure Registration

Past medical/surgical history, a current list of medications with dosages, and allergies are required prior to the start of any procedure. Please complete your pre-procedure registration via the link to avoid delays the day of your procedure.

Morning of surgery

- Take a bath or shower and brush your teeth (taking care not to swallow any water)
- Remove all makeup, nail polish, jewelry, and contacts. If you must wear contacts, please bring your storage case for use during surgery.
- Wear loose, comfortable clothing that can accommodate a bandage, cast, or other type of dressing where the procedure is being performed. Keep in mind that our center is always kept at a cooler temperature. During surgery, you will wear a patient gown provided by the center.
- You should arrive at your scheduled appointment time. You will be admitted to the center and we will begin preparing you for your procedure.

What to bring with you on the day of your surgery

- Bring all insurance cards. It is important for us to have all the current and correct information.
- Bring a government issued photo ID such as a driver's license. Minors do not need ID but the primary insured party does need theirs.
- Bring your form of payment, if required.
- If you have asthma or emphysema, bring inhalers with you.
- Arrange for a responsible adult to accompany you to the center, and drive you home

Day of surgery

- You should arrive at your scheduled appointment time. You will be admitted to the center and we will begin preparing you for your procedure
- You will be asked to sign a consent form, acknowledging your permission for the physician and facility to care for you. If you are a minor, your parent or legal guardian must sign the form on your behalf.

After Surgery

- Recovery time varies per patient; typically, most patients are discharged within 1-2 hours after the procedure.
- You will be provided with post-operative instructions about diet, rest, restrictions, exercise and medications. These instructions will be given to you both verbally and in written form to ensure that any and all questions you have are answered prior to your discharge.
- If you had anesthesia and/or pain medications, arrange for an adult to remain with you at home for at least 24 hours. We also recommend that you postpone the following during the 24 hours after discharge:
 - Driving and operating equipment
 - Signing important papers/legal documents
 - Drinking alcoholic beverages
 - Making significant decisions
- If you have any unexpected problems, please contact your surgeon whose number will be on the discharge instructions.
- Always in the case of an emergency dial 911 for assistance.
- A nurse from the center will attempt to call you the next business day to check on your progress and discuss any questions you may have.