



Pre & Post Procedure Instructions

DAY BEFORE PROCEDURE

- **You will be notified the business day before your procedure, what time to arrive to the surgery center. IF you do not hear from the Surgery Center staff by 1pm, feel free to check in with us.**
- Notify your physician immediately if there are any changes in your health or if you have been exposed to any communicable diseases and/or if there is possibility of pregnancy.
- Do not consume alcoholic beverages, or smoke, 24 hours prior to surgery.
- If you are receiving anesthesia, do NOT eat or drink anything after midnight before your surgery.
- If you have any questions about getting ready for your procedure, please call our pre-op nurse at **609.895.0290 ex 8021.**

MORNING OF PROCEDURE

- Please arrive on time with your health insurance card, referral, and co-payment/deductible if applicable.
- **YOU MUST BRING A PHOTO I.D. WITH YOU.**
- Bathe or shower the morning of surgery; if you shampoo your hair, make sure it is dry and do not use hairspray.
- Do not wear makeup, lipstick, lotions, perfume or nail polish.
- Wear loose fitting, casual clothing that can be easily removed and fit over large dressings (if applicable).
- **Do not** bring rings, watches or other jewelry and valuables to the Surgery Center.
- Bring a written list of known allergies and all medications & dosages you are currently taking with you on the day of surgery

PRIOR TO SURGERY

- If you have any special needs regarding your procedure time we will do our best to accommodate you, so please make sure that we are informed ahead of time.
- **Please note that any time given to you by your Doctor's office is only tentative and is not a guarantee until confirmed by the Surgery Center.**
- Minors must have a parent or legal guardian sign a consent form before surgery can be performed. Minors must also have a parent or guardian stay at the Surgery Center at all times during the surgery and recovery.
- Patients must be discharged from the Surgery Center to the care and supervision of a responsible adult.
- Smoking or drinking alcohol 24 hours before or after surgery may be detrimental to your recovery.

FOLLOWING SURGERY

- DISCHARGE SAFETY
 - If you are receiving any sedation for your procedure at the Surgery Center, **you are required by New Jersey state law to have a responsible adult to drive you home.**
 - Your designated driver should be at the Surgery Center to take you home as soon as you are ready to leave. Waiting for drivers that need to finish errands, appointments or jobs can be uncomfortable or upsetting for patients who need to go home to rest.
 - Patients using a taxi/uber/lyft service **MUST** be accompanied by a family member or responsible party.
- DURING RECOVERY
 - Do not drink alcoholic beverages, for at least 24 hours or while taking pain medication(s).
 - Do not drive or operate machinery, power tools, etc. for at least 24 hours.
 - Do not sign legal documents or make critical decisions for at least 24 hours.
 - You may experience lightheadedness, dizziness or sleepiness after anesthesia and/or use of pain medication, so be careful when walking especially on stairs.
 - Rest at home with light activity for 24 hours.
 - Please have a responsible adult stay with you for at least the first 24 hours after your procedure.
 - A follow up phone call will be made to check on your condition.
 - **In the event of any problems after you are home, call your physician's office immediately.**