



Your surgery is scheduled on _____ at _____.

Before the Day of Surgery

Notify us (210-778-0002) if you get sick or develop an infection somewhere on your body, a cold, the flu, fever blisters on your lips, sore throat, etc.

The Day Before Surgery

Do not drink alcohol. If you use any illegal or recreational drugs, please let us know. The information is kept confidential and is only used to ensure your safety.

The Night Before Surgery

Stop eating and drinking eight (8) hours before your surgery! It is unsafe to sedate you if you eat or drink less than eight hours before surgery and anesthesia can lead to severe or fatal pneumonia. The only exception is water. You may drink normal amounts of water up to two (2) hours before surgery and you may have a SIP of WATER (no other liquid – no coffee, no juice, etc) to swallow necessary medicines (blood pressure, heart, fluid, thyroid pills, etc.) as needed prior to surgery.

The Day of Surgery

Arrange for a responsible adult to accompany you to our office and remain here until surgery is over. **They cannot drop you off.** They **MUST** be able to drive you home and have a valid driver's license or ride with you in a taxi or Uber. **You MAY NOT ride the bus home. You MAY NOT ride in a taxi or Uber alone.**

Please wear a shirt which will allow easy access to your arm all the way up **above your elbows**. Arrive at least 15 minutes before your surgery time. Please do not wear jewelry, rings, watches, make-up, nail polish, or acrylic fingernails. **Nail polish & acrylic nails interfere with our finger oxygen monitor.**

Please bring your glucometer and test strips to check blood sugar if you have those items.
Please bring your inhaler(s) if you have inhalers.

If any complications occur, you may be admitted to the hospital after surgery. This is a rare event but always a possibility.

After Surgery

Someone should remain with you for 24 hours to assist you with wound care, bathroom needs, and to monitor your progress. Do not drive, operate any machinery or tools, use sharps instruments, or make important decisions for 24 hours or while you are using narcotic/opioid pain medicines.

Women, please be aware that antibiotic use can interfere with birth control pills and NuvaRing. If you receive antibiotics you should not trust your birth control pills or NuvaRing for one month. Use alternative birth control for one month. Talk to your Ob/Gyn doctor for more information.