

~ Ambulatory Care Center ~
Same Day Surgery ~ Admit Day of Surgery
Surgery instruction Checklist

Date and Time Surgery is Scheduled for _____

What to do before Surgery



- Phone the Ambulatory Care Center- Surgery Department **the day before your scheduled surgery at 732-836-4378 between the hours of 3:00pm and 7:00pm** to confirm your arrival and surgery time.

NOTE: if your surgery date is a Monday, please phone us on Friday -OR- if your surgery is the day after a holiday, phone us the day before the holiday



- For your safety, you will not be allowed to drive yourself home following surgery. Please arrange for an adult to drive you home and to stay with you for 24 hours after in case you need help with anything.



- Please notify your surgeon if you become sick before your surgery date, as your surgery may need to be re-scheduled

What to do the morning of your surgery



- Do not eat or drink** after midnight the night before your surgery
- Follow the Fasting Facts (when to stop eating or drinking) ~ for taking prescribed medicine on your day of surgery

- If you are a diabetic person who monitors blood sugar levels, please do so on the morning of your surgery

- Unless otherwise instructed by your physician, **please take** blood pressure, cardiac (heart), thyroid, anti-seizure or stomach medications with a small sip of water. **Do not take** diabetic



medications or diuretics (water pills).

- You may shower/bathe, shampoo your hair, use deodorant and brush your teeth on the morning of your surgery
- Do not use make-up, lotion, powder, perfume, tampons, wigs, bobby pins or contact lenses. Do not use any alcohol-based lotions, aftershave, perfume, hair gel, hair spray.



Surgery Instruction Checklist ~ continued



What to bring -OR- not bring

- Do not bring jewelry or items of value, **remove all body piercing!**
No exceptions.
- Do bring your prescribed medicines in the bottles they came in. Not in a pill box**
- Do Bring all the papers given to you at your doctor's office ~~if you did~~
not bring them in during pre-admission testing ~ this packet will help you keep them all together

- If you are an admit day of surgery, please leave your overnight bag in the car to be brought to your room after your surgery.



Some things to expect on the day of your surgery

- All women who menstruate will be asked for a urine specimen for a pregnancy test
- You will be asked to arrive before scheduled time of surgery. At times surgery delays may occur, please bring something to pass the time (books, games, magazines).
- False teeth and dentures will need to be removed for surgery

- You will meet with your anesthesiologist (doctor who sedates you) the day of surgery to discuss your medical history as well as the type of anesthesia that will be used for your surgery.

- During the time you spend on the Same Day Surgery Unit there will be periods of time when **one** family member or friend may be able to visit with you, others are welcome to stay in our waiting areas

Please note - these instructions must be followed in order for your surgery to take place.

We would not want to cancel your surgery because the information was not clear to you, so if you have questions

Please take the time to phone our department

At 732-836-4378

Between the hours of 8:00am and 4:00pm, Monday through Friday

We would be glad to hear from you!