



# The Surgery Center of Bluffton

6 Arley Way #102, Bluffton, SC 29910

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Your Surgery is Scheduled: \_\_\_\_\_

## Surgery Preparation Instructions

If you have any questions about these instructions and/or your procedure, please call (843) 605-9902.



You will receive a phone call from the Surgery Center the day **BEFORE** your surgery with your arrival time.

You must have a responsible adult to drive you to and from surgery, no taxi, uber, or bus alone. The responsible party **MUST** be present **before, during, and after** your surgery to drive you home. Additionally, if receiving anesthesia, you must have someone stay with you over night after your surgery.

**10 DAYS**  
**BEFORE**  
your procedure

### STOP TAKING:

- Aspirin, Ibuprofen, Fish Oil, Vitamin E, St Johns Wort
- Phentermine

If you take any of the following blood thinning medications, **check with your prescribing doctor** to see when you can safely stop the medication before surgery:

- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Prasugrel (Effient)
- Ticagrelor (Brilinta)
- Ticlodipine (Ticlid)
- Dabigatran (Pradaxa)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)
- Edoxaban (Savaysa)
- Cilostazol (Pletal)
- Dipyridamole (Aggrenox)

**7 DAYS**  
**BEFORE**  
your procedure

If you are diabetic and/or taking the following medications for weight loss, please call the surgery center for instructions. These specific medications can cause problems with anesthesia and may need to be held prior to surgery:

- \*Trulicity \*Wygovia \*Ozempic \*Byetta \*Saxenda \*Mounjaro \*Bydureon
- \*Victoza
- \*Adlyxn
- \*Rybelsus (or any meds ending with “glutide”)
- \*Invokana \*Farxiga \*Jardiance

# 1 DAY BEFORE your procedure

The day before your surgery you may follow your regular diet. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** If the patient has anything to eat or drink after the time the surgery center instructs, the surgery will be cancelled.

If you develop fever, cough, or other viral symptom prior to your procedure, please contact the surgery center (843) 605-9902

# THE DAY OF YOUR procedure

**DIET: DO NOT eat or drink anything the day of your procedure.**

You may brush your teeth in the morning but do not swallow any water.

**MEDICATION: DO NOT** take any insulin or oral diabetic medications such as Glipizide, Glyburide, or Metformin. If you take medication for your blood pressure, seizures, reflux, asthma, chronic pain, and/or anxiety, take medication with only a sip of water, unless instructed otherwise.

Your surgeon may prescribe post-operative medications. We will have prescriptions available at the surgery center if you choose to purchase them. Please bring your ID, insurance information, and a form of payment.

**DRESS:** Dress in loose comfortable clothing avoiding any metal (zippers, snaps) in your clothing. Remove ALL piercings. Avoid wearing jewelry, contact lenses, cosmetics, or lotions. Leave valuables at home.

**PEDIATRIC PATIENTS:** Children are welcome to bring a comfort item (blanket, teddy bear, etc.) with them. Children may wear pajamas but please avoid any metal snaps or zippers. \* Please note that parents may not accompany child to the operating room.

Bring a bottle or cup for juice for AFTER surgery.

We ask that parents remain at the surgery center while their child is in surgery.

**Limit the number of family members/friends that accompany patient to 2 persons.**

Children not having surgery are not allowed in the recovery room due to privacy of other patients.

**Children must be brought to the facility by a parent or legal guardian.**

Documentation of legal guardianship must be on file prior to surgery.

# WHAT TO EXPECT during your procedure

After checking in, you will be brought to a holding room where the nurse will prepare you for surgery. This will involve changing into a gown if needed and also determine if an IV needs to be placed before going back to surgery. Your Physician, anesthesiologist, and operating room nurse will see you prior to your procedure and answer any questions. The nurse will walk with you to the operating room for the procedure. You will receive the appropriate level of anesthesia before your procedure begins. After the procedure, you will be transferred to the recovery area until you are awake, your pain is well controlled and you have met discharge criteria. We will promptly bring your accompanying adult to the recovery room. The nurse will review your discharge instructions and medication with you and the responsible adult present. It is important to have someone with you the first 24 hours following anesthesia as you will be groggy and may not remember instructions.

**Additional Pediatric considerations:** After the procedure, We will promptly bring up to 2 family members back to the recovery area to be with your child.

We give your child some liquids and Popsicle and ensure their pain is well controlled. It is during this period your child is likely to be fussy and crying while the anesthesia wears off (may take up to 24 hours to completely wear off). The nurse will review postoperative care and medication instructions with you. Once your child is awake and drinking appropriately, your child will be discharged.