



Fredericksburg Ambulatory Surgery Center

PRE-OPERATIVE INSTRUCTIONS

- The Fredericksburg Ambulatory Surgery Center staff will contact you the business day before your surgery to provide your day of surgery arrival time. If you have not heard from us by 4 p.m., call 540-741-7177.
- Do not eat solid foods or drink non-clear liquids after midnight. Do not chew gum or eat candy/mints. You may have clear liquids until 2 hours prior to arrival. Anesthesia approved clear liquids are water, apple juice, white grape juice, tea and black coffee.
- Follow your surgeon's instructions for medication use on the day of surgery. It is important to take your heart, blood pressure and acid reflux medications. Use inhalers at home and bring your rescue inhaler with you on the day of surgery. Do not take any vitamins and diabetic medications the day of surgery.
- Follow instruction from your surgeon on when to stop and restart your prescription blood thinning medication and Aspirin. Often these medications must be stopped prior to surgery. You may be referred to your prescribing physician for instruction. The prescribing physician should be aware of any alteration in medication use.
- If you were instructed to get a medical or cardiac clearance, have the office fax it to us at (540) 741-7205.
- Over the counter anti-inflammatory medications such as Ibuprofen and supplements such as fish oil can also be blood thinning and are often stopped one week before surgery. Tylenol is okay to take if needed.
- If instructed by the pre-operative nurse, bring a list of your medications (prescription and over the counter) on the day of surgery, so we may complete in your medical record.
- You may take a shower and brush your teeth the morning of your surgery. For your safety, do not wear make-up, lotion, or ointment on your skin.
- Do not shave the operative site. We will use an electric clipper on the day of surgery.
- Do not wear metal or jewelry. Remove all piercings. Leave your valuable at home.
- Remove nail polish, if instructed by your surgeon. Be aware, artificial nails increase the risk of post-operative infections and can interfere with monitors.
- If you wear eyeglasses, bring a case. No contact lenses are permitted during surgery.
- Wear loose, comfortable clothing. Your clothing should be loose enough to stretch over bandages, arms, slings, casts, splints, etc. 100% cotton underwear are allowed for some procedures.
- If you are female and still have your menses, you may be asked to provide a urine sample upon arrival.
- If you use CPAP for sleep apnea, you may be advised to bring it with you day of surgery.
- If applicable, bring your Advanced Directive/Living Will/Medical Power of Attorney or Custody Papers.
- Bring any medical equipment as directed by your surgeon, such as crutches or a special brace for after surgery.
- Due to anesthesia, you must have a responsible adult accompany you home from our facility. We recommend that someone be at home with you for the first 24 hours following your surgery. You will not be allowed to drive after surgery if any type of sedation has been administered. Prior to discharge, we will review after care instructions with you and your ride. If you do not authorize us to speak with this person, we must be notified, and other arrangements be made prior to surgery.

Pediatrics

- To plan for discharge from our facility, it is recommended that a second adult be in the rear seat along with the child if seated in a car seat.
- No solid foods after midnight. Clear liquids are permitted up to 2 hours before to arrival to the surgery center. Infants may have formula until 6 hours before arrival and breast milk until 4 hours before arrival.
- Parents of minors must always remain in building.
- Bring your child's favorite toy, pacifier, blanket, bottle/sipper cup or comforts from home.
- Children having only ear tubes placed may stay in a set of freshly laundered pajamas for the procedure, if they are 2 pieces and do not have attached feet.