

Landmark Hospital of Southwest Florida

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Outpatient Pre-Surgery Instructions

Your surgery has been scheduled at Landmark Hospital. The staff will attempt to contact you within 1 week of your scheduled surgery to review your health history and go over these instructions. The important part play in preparing is to read and follow the instructions below very carefully so that you will be ready for your surgery. Please bring all of the paperwork with you on the day of your surgery.

Patient Name: _____

Surgery/Procedure Date and Time: _____ Arrival Time: _____

* Please arrive at the hospital admissions **1 hour** prior to your scheduled surgery time.

General Instructions:

1. **Do not eat or drink anything** (including water, chewing gum, hard candy or tobacco) after midnight the day before your surgery/procedure unless otherwise instructed below.
2. **Please take the following medications** with a sip of water as soon as you wake up the morning of your surgery/procedure:

If you take the beta blocker _____, it is very important you take this as scheduled.

3. **Diabetic Patients:** Do not take any oral diabetes medications or insulin the morning of your surgery/procedure.
Other Instructions: _____
4. **Bring all home medications in a properly labeled bottle** – includes prescription, over-the-counter, vitamins and herbals.
5. **Brush your teeth**, but do not swallow any water.
6. **Bring your eye drops, glasses and hearing aids with case, respiratory inhalers and/or BIPAP/CPAP** if you use these.
7. **Wear loose, comfortable clothing**, do not wear jewelry and remove all body piercings and leave at home.
8. **Please leave valuables at home** – the hospital is not responsible for lost items.
9. **Expect to remove wigs, dentures, partials, contacts and prostheses before surgery.**
10. **A Responsible adult must accompany you** and be available to both drive/accompany you home and assist you through the night if you will be discharged same day. You will not be allowed to drive.
11. **Bring crutches or a walker** if you are having hip, knee or foot surgery.
12. **Call your surgeon** if you have a rash, fever or cold. Your surgery may need to be postponed.
13. **On the day of surgery**, bring your insurance card, driver's license and signed copy of your Living Will, Healthcare Power of Attorney or legal guardianship if you have one.
14. Please have family members/friends who will accompany you bring a jacket or sweater. The waiting area tends to be cool.

Additional Medication Instructions:

1. **Do not take** herbal medications or non-vitamin supplements for 2 weeks before surgery.
2. **Do not take** aspirin, ibuprofen, Naproxen, Celebrex 48 hours days before surgery. Tylenol is permitted.
3. **Do not take** any illicit drugs or alcohol 24 hours prior to surgery.
4. **Do not take** any erectile dysfunction medications (Viagra, Cialis, etc.) 72 hours before surgery.

5. Talk with your surgeon regarding any blood thinning medications you are taken (Coumadin, Plavix, Lovenox, etc).

Skin Care Instructions:

1. Follow the pre-surgical bathing instruction below
2. Remove nail polish and make-up.
3. Report all rashes, cuts, sores or skin problems near the surgical area to your surgeon prior to the surgery.

Pre-Surgical Bathing Instructions:

Before surgery, you can play an important role in your own health and the prevention of surgical infections. Because skin is not sterile, you can reduce the number of germs on your skin by bathing with an antibacterial soap prior to your surgery. Following these instructions will help you to be sure your skin is as germ-free as possible before you arrive at Landmark Hospital.

***Please let staff know if you are allergic to chlorhexidine gluconate which is the main product in Hibiclens.
Patients allergic to CHG should not use this product on their skin.***

STEP 1: The night before surgery

1. Shower with your regular soap and shampoo. Rinse well.
2. Pour half of the antibacterial solution Hibiclens to a clean washcloth. Using warm water (avoid hot water), gently wash your body for 3 to 5 minutes paying special attention your armpits, groin area, navel, skin creases and the area where your surgery will be done. Avoid scrubbing your skin and rinse well.
3. Do not remove any hair from your body. Avoid shaving or the use of any topical hair removers at or around the surgical site.
4. Pat your skin dry with a clean, freshly washed towel. **DO NOT** apply powders, deodorants, lotions, cologne, hairspray or make-up. Dress in freshly washed clothing.

STEP 2: The morning of surgery

1. Repeat the bathing instructions from the night before using the remainder of the antibacterial bottle of Hibiclens.
2. Again, **DO NOT** apply powders, deodorants, lotions, cologne, hairspray or make-up.
3. Dress in freshly washed clothing.

Please provide the name of the person that your surgeon may be able to talk with after your surgery/procedure:

Name: _____ Relationship: _____ Contact Number: _____

Nursing Signature Reviewing Instructions: _____ Date: _____ Time: _____

Patient Signature: _____ Date: _____