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Preparation For Out - Patient Surgery

These guidelines will aid in your safe and speedy recovery. If you have any questions not answered here, feel free to call our office, preferably during office hours, so that we may consult your chart. Please have your pharmacy telephone number available.

Call Ambulatory Surgery Center - 303-450-4554 for a pre-admission appointment. It is imperative that pre-admission and laboratory work be done **at least 24 hours in advance** of your out-patient surgery, but **not more than 7 days before** your surgery date. Be sure to take your insurance information with you to the hospital.

Get a good night's rest the night before surgery. Avoid alcoholic beverages. You may request a sleeping pill from your doctor, if necessary.

Do not eat or drink anything after midnight, including water, coffee or medication, unless instructed to do so. This is for your safety, to avoid regurgitation and aspiration of stomach contents during surgery. When you brush your teeth in the morning, be careful not to swallow any water. If you smoke, **no smoking after midnight.**

Leave purses, jewelry and credit cards at home or with a person accompanying you to the hospital.

Wear loose, comfortable clothing.

Arrive at the hospital Out-Patient area **2 hours before** your scheduled surgery time. If your laboratory tests are not complete, arrive **2 to 2 1/2 hours before** surgery. Bring your insurance information.

Arrange for a ride home from the hospital. If someone cannot stay with you at the hospital during surgery, please make arrangements to be taken home approximately **1-2 hours** after surgery, depending upon your recovery from the anesthesia.

At home it would be best to relax, rest and stay indoors. **Do not** drink any alcoholic beverages for **24 hours** after anesthesia.

Follow your physician's instructions regarding post-operative care and the taking of medications.

We wish you a safe and pleasant recovery. Please, do not hesitate to call us. Remember, we are here to help you.