



NAME: _____

SURGERY DATE: _____

ARRIVAL TIME: _____

INSTRUCTIONS FOR SURGERY

STARTING NOW

- **PRE-OP TESTING:** All patients will need to be pre-assessed. As soon as your surgery is scheduled, please call the pre-op office to make arrangements to have pre-op testing performed. **Failure to have required pre-op testing performed may result in cancellation of your surgery. Pre-Op Testing Hours: Monday–Thursday 8:30 A.M. – 4:00 P.M.; Friday 8:30 A.M. – 11:30 A.M. 601-554-7558.** Please bring an accurate list of your medications with you to the pre-assessment lab.
- **CAREGIVER ARRANGEMENTS:** If you are receiving anesthesia or sedation, a responsible adult, age 18 years or older, must accompany you to the Surgery Center and may not leave until you are discharged. If you have general anesthesia, a responsible adult must be at home with you for 24 hours after your procedure. A parent or legal guardian must remain in the Surgery Center at all times during their minor child's surgery.
- **STOP SMOKING:** Cigarettes and smokeless tobacco reduce blood and oxygen circulation to the surgical wound and impedes the healing process.
- **ASPIRIN:** Is a type of blood thinner. If you are taking Baby Aspirin (81mg), you may continue to take it. If you are taking Regular Aspirin (325mg), change to Baby Aspirin (81mg). However, for spine surgery and total joint patients, you need to stop all Aspirins 7 days prior to your surgery date. **Also call the Pre-Assessment Nurse at Southern Surgery Center at 601-554-7558 and notify her that you are stopping the Aspirin.**
- **BLOOD-THINNERS:** If you are taking a blood-thinner, notify the Pre-Assessment Nurse at Southern Surgery Center at 601-554-7558 immediately. The Nurse will contact your Medical Doctor concerning stopping and restarting your blood-thinner. Failure to contact the Pre-Assessment Nurse may result in cancellation of your surgery.
- **VITAMINS AND HERBS:** Stop taking 7 days prior to surgery.
- **FINANCIAL ARRANGEMENTS:** It is important that you contact the Surgery Center business office prior to your scheduled surgery date. You will have four bills for your surgery. The surgeon's fees will be billed by Southern Bone & Joint. The facility fees will be billed by Southern Surgery Center. The anesthesiologist's/CRNA's fees will be billed by LifeLinc and any lab work performed will be billed by Forrest General Hospital and/or LabCorp. Failure to make preoperative financial arrangements could result in cancellation of the scheduled procedure. The Surgery Center business office is open Monday–Thursday 8:00 A.M. – 5:00 P.M. and Friday 8:00 A.M. – 4:00 P.M. The number is 601-554-7525.

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THE DAY BEFORE SURGERY

- **CONFIRM SURGERY TIME:** The surgeon's office will call you the day before your procedure with the time you need to arrive at the Surgery Center. Please give us your home, work, and cell phone numbers. If you do not hear from them, call us to confirm at 601-554-7400.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with antibacterial soap (i.e. Dial soap).
- **EATING AND DRINKING:** Do **not** eat or drink anything after 12:00 midnight. This includes water. **Eating and/or drinking may result in cancellation of your surgery.**
- **DIPPING AND CHEWING:** Do **not** dip, chew tobacco, chew gum or smoke after 12:00 midnight. **Dipping, chewing or smoking after midnight may result in cancellation of your surgery.**

THE DAY OF SURGERY

- **EATING AND DRINKING:** Do **not** eat or drink anything including water the day of surgery.
- **MEDICATIONS:** You will be instructed by the pre-assessment nurse as to what medications are to be taken on the day of surgery. You may take the medications the nurse instructs you to take with a sip of water. Do **not** take diabetic medication after midnight. If you are taking insulin, bring the insulin with you.
- **CLEANSING:** Shower and wash the surgical areas again with antibacterial soap (i.e. Dial soap).
- **VOIDING:** A urine specimen will be required for all females in pre-op on the day of surgery.
- **ORAL HYGIENE:** You may brush your teeth and rinse your mouth with water but do **not** drink the water.
- **MAKE-UP AND NAIL POLISH:** It is OK to wear basic face make-up; however, do **not** wear eye make-up. Nail polish may be worn. (No dark nail polish, clear polish preferred.)
- **VALUABLES:** Leave all valuables and jewelry at home. Remove any pierced jewelry from body before coming to the Surgery Center. (Bring container for contact lens.)
- **CLOTHING:** Wear only comfortable loose-fitting clothing. If you are having surgery on your shoulder, arm, or hand, wear an extra large shirt that buttons up the front.
- **PATIENT CAREGIVER:** You **must** have a responsible adult, age 18 years or older, with you: (1) in the waiting room during your surgery, (2) to drive you home after surgery, and (3) at home for 24 hours after discharge from the Surgery Center.
- **ASSISTIVE DEVICES:** Bring your crutches, walker, sling, and/or brace to the Surgery Center with you. This will help us verify that you have the appropriate device needed.
- **CELL PHONES:** Use of personal cell phones is prohibited in the pre-op, post-op, surgical suites and procedure room areas. Personal cell phones may be used in the waiting room.

