

Pre-Operative Instructions

These are general pre-operative instructions that apply to most procedures that we perform. If you have specific questions about your surgery related to pre-operative preparations that are not answered here, please contact your surgeon by calling (303) 337-5600.

1. Pre-op interviews are conducted by the facility where your surgery will occur. Some are conducted over the phone, while others require a visit with the pre-Admissions Nurse.
2. If your surgeon has ordered lab work, EKG, and/or x-rays, you will be able to complete these tests during your pre-admission appointment. Bring the orders with you when coming in for your pre admit appointment. All tests must be completed within the week prior to your surgery unless otherwise noted by your surgeon.
3. **DO NOT EAT OR DRINK ANYTHING** (including water, coffee, tea) after midnight, the night before your surgery, unless specified by your surgeon. Do not smoke or use chewing tobacco. Do not chew gum or take hard candy or breath mints on the day of your surgery.
4. Do not take any medications or herbal supplements before surgery. Consult your surgeon if you are on medications for diabetes, high blood pressure, steroids or blood thinners for specific instructions.
5. If you suddenly develop cold/flu symptoms or another ailment, notify our office immediately. Your procedure may need to be rescheduled if you are ill.
6. On the morning of your surgery, take a bath or shower and wash your hair to reduce the risk of infection.
7. Wear loose comfortable clothing and flat-heeled shoes to the hospital or surgery center. Remove contact lenses or bring a storage case. Do not wear make-up, body lotions, earrings, jewelry or any body piercings. Please leave your valuables at home. You will also need to remove any dentures, partials or hearing aids prior to surgery.
8. Bring your insurance card and identification card to the hospital or surgery center on the day of your surgery.
9. If you are scheduled for outpatient surgery, arrange for a responsible adult to drive you home. It is also a good idea to have a responsible adult stay with you for the first 24 hours after surgery.