

## **Valencia Surgical Center**

24355 Lyons Avenue, Suite 120  
Newhall, CA 91321

Phone: (661) 255-6644

Fax: (661) 255-2717

### Preoperative Patient Instructions

#### **IMPORTANT – PLEASE READ BEFORE YOUR SURGERY**

1. There is free valet parking under our building. Hours: 8:30 – 5:00.
2. No solid food up to 8 hours prior to arrival. You may have clear liquids (water, apple juice, black coffee) up to 6 hours prior to arrival.
3. You may have sips of water up to 2 hours prior to surgery.
4. Do not take aspirin or ibuprofen 10 days prior to your surgery.
5. Removal all jewelry including body piercings, rings, toe rings and watches, and leave all valuables at home.
6. Inform your anesthesiologist if there is any possibility of pregnancy.
7. Inform your anesthesiologist if you have a family history of anesthetic complications, such as a high temperature.
8. Inform your nurse or anesthesiologist if you are allergic to latex.
9. You may bathe or shower the night before or the day of your procedure. You may brush your teeth and/or gargle.
10. Wear loose, comfortable clothing and comfortable shoes. Do not wear tight or binding articles. You may keep your underpants and socks on, depending on your type of surgery.
11. You must have adult supervision at home for 24 hours after your surgery/procedure.
12. A responsible person must drive you home. We cannot discharge you to public transportation (bus, taxi, etc.) unaccompanied if you have had any sedation/anesthesia.
13. If you wear contact lenses, leave them at home and wear your glasses.
14. If you have not received a call from a preop nurse, please call 255-6644, ext. 27, within 5 days before your scheduled procedure.
15. Bring a current list of your medications.

These guidelines are subject to change. Please review with a preop nurse.