

VALENCIA SURGICAL CENTER

24355 Lyons Avenue, Suite 120 Santa Clarita, CA 91321 661-255-6644/Fax 661-255-6717

PRE-OPERATIVE PATIENT INSTRUCTIONS

Arrive at the Surgical Center on: _____
Date/Time

Patient Sticker

DIET

1. 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. You may have sips of water up to 2 hours prior to arrival.

MEDICATIONS

2. If you are taking blood pressure or heart medication on a daily basis, you may take them with a small sip of water unless otherwise instructed by the anesthesiologist or pre-op nurse.
3. If you use an asthma inhaler, please bring it with you.
4. Do not take aspirin or ibuprofen 10 days prior to your surgery.
5. Tylenol (Acetaminophen) is okay to use.
6. Do not take vitamins or herbal medications 14 days prior to surgery.
7. Bring a list of the medications you are taking, including dosages (or bring the bottles with you).
8. If your physician gave you a prescription for pain medication, have it filled prior to the day of surgery.

DAY OF SURGERY

9. Please bring your driver's license and insurance cards with you.
10. If you have Advanced Directives, please bring a copy of them with you.
11. You may bathe or shower the night before or the day of your procedure.
12. You may brush your teeth and/or gargle.
13. 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.
14. Bring an extra change of clothing for the children in the event a change of clothing becomes necessary.
15. Children may bring their favorite comfort object.
16. Remove and leave jewelry (body piercings, rings, toe rings watches, etc.) and other valuables at home.
17. If you wear contact lenses, leave them at home and wear your glasses.

AFTER YOUR SURGERY

18. 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.
19. You must have adult supervision at home for 24 hours after your surgery/procedure.
20. Children must ride home in an age appropriate car seat.

Additional Instructions:

The above instructions have been explained to me. I understand them, and I have received a copy of this form.

Telephone Instructions:

Signature of Patient/Parent or Guardian

Patient/Parent or Guardian

Signature of Witness

Instructions Given By

Date

Date

We want you to feel comfortable about your stay with us. Please feel free to contact us with any concerns you may have.