



# Guide to Surgery and Procedures

## We look forward to caring for you!

Please review this guide to prepare for your upcoming hospital visit. Our team is dedicated to delivering excellent and compassionate care, advancing the well-being of our patients.

You will be notified between 3-5 p.m. the afternoon before surgery to confirm your arrival time. Patients having surgery on Monday will receive a call the Friday before.

## Preparing for your surgery

- Wear comfortable loose-fitting clothing and easily removable shoes.
- Shower with an antibacterial soap the night before and the morning of surgery to help prevent infection.
- Please refrain from shaving or removing hair from the surgical site.
- Please refrain from wearing any makeup, hair products, powders or lotions the day of surgery.
- Please leave all valuables and jewelry at home. Remove all piercings.
- Please refrain from wearing contact lenses the day of surgery.
- You must have a responsible adult arranged to pick you up and stay at home with you after surgery. No car services are allowed (Uber, Lyft, Taxi) unless there will be an adult accompanying you during the ride.
- Notify your doctor if you have developed a cold, sore throat, fever, or any other illness prior to surgery.
- If you have been seen by a cardiologist or pulmonologist within the last year, please notify your surgeon's office so that any pertinent testing and diagnostic results may be obtained.

## Medication instructions

- Keep your medications at home the day of surgery. Bring a list or picture of your medication and dosages.
- If you are diabetic, contact your endocrinologist for instructions regarding your diabetic medications.
- Contact your surgeon/ordering physician for instructions if you are taking blood thinners such as Coumadin, Plavix, Eliquis, Xarelto, Pradaxa, or Aspirin.
- On the morning of your surgery, you may take necessary medications with a small sip of water. Clear liquids are permitted up until 2 hours before your arrival time to the hospital, per your surgeon's instructions.

## The day of surgery

- Report to the Main Entrance off of Jupiter Lakes Blvd.
- Give yourself extra time to find parking and check-in with registration.
- Valet parking is also available.
- Your family and friends may wait for you in our surgical lounge and visit you once you are in a hospital room.
- The doctor will give an update once surgery is complete.
- On the day of your surgery please ask your nurse how to set up surgery updates, so our team can keep your loved ones informed.

## What to bring the day of surgery

- Valid photo ID
- Insurance/Medicare card
- Advanced Directive (if you have one)
- Plan for transportation and care after surgery
- Complete list of medications including dosages
- Person to contact and phone number
- Medical devices (hearing aids, CPAP, etc.)