

Patients receiving Monitored Anesthesia Care (MAC) or General Anesthesia

- Please bring an insurance card and photo ID (such as a driver's license) with you the day of your surgery. For children, a parent or guardian photo ID is required.
- You will need a driver to and from the surgery. Taxis/Uber/Lyft are not permitted unless you are riding along with a responsible adult who is known to you. You can also consider using medical transportation if necessary. You will not be able to drive for 24 hours after receiving anesthesia.
- Remove all jewelry, including piercings, prior to arrival at the surgery center. This includes rings that you normally leave on. Even if the piercing or ring is not at the surgical site, some of our equipment carries an electrical current and there is a burn risk to you and our staff.
- Please do not wear makeup on the day of surgery. Nail polish is okay.
- Please do not wear contact lenses to your procedure, or you must bring a case and storage solution. If you wear hearing aids, please wear them in.
- STOP eating at midnight prior to your surgery. This includes all food, milk products, mints, gum, and candy. In addition, the last meal of the day should be low in fat. No alcoholic beverages after 8pm.
- You may have up to 6 ounces of clear liquid (defined as water, apple juice, black coffee, or black tea only) on the day of surgery. This MUST be finished by two hours prior to your given arrival time. If you have a known issue with slow digestion or diabetes, you may not have anything by mouth on the day of surgery. If you can tolerate it, it is best to avoid drinking altogether.
- Take blood pressure, heart, thyroid, and anti-reflux medications the morning of surgery. Please use any regularly prescribed asthma inhalers as well. If you are diabetic, please hold your oral diabetic medications and contact your doctor about your insulin dosing (if you normally use it).

- Please make sure your surgeon knows about all of your medical conditions and medications. Some medications may need to be stopped prior to surgery, including but not limited to aspirin, NSAIDs like Motrin and Aleve, prescription blood thinners, vitamin E, CoQ10, fish oil, and glucosamine.
- If you have sleep apnea the surgery center will need a copy of the sleep study as soon as possible. It may be requested that you bring your CPAP on the day of surgery.
- You will receive your arrival time from the surgical center the afternoon before your procedure (or Friday if your surgery date is Monday). Please be aware if your surgeon gave you a time at the office it is possible, even likely, this will change.

Children

- Stop drinking milk/formula 6 hours prior to arrival time. The last feeding should be limited to 4 ounces.
- A responsible adult must remain in the facility at all times while the child is present.
- Please bring extra diapers and a bottle/sippy cup with you. Please no milk, it is best to start with clear liquids after anesthesia. Juice can be provided by the center.
- You may bring a special blanket or soft toy for comfort.

Patients receiving local (numbing) anesthesia only

- Please bring an insurance card and photo ID (such as a driver's license) with you the day of your surgery. For children, a parent or guardian photo ID is required.
- You will not need a driver to and from the surgery unless your surgeon has dictated otherwise.
- You may eat and drink prior to arrival at the center. It is best to eat lightly.
- Remove all jewelry, including piercings, prior to arrival at the surgery center. This includes rings that you normally leave on. Even if the piercing or ring is not at the surgical site, some of our equipment carries an electrical current and there is a burn risk to you and our staff.
- Please do not wear makeup on the day of surgery. Nail polish is okay.
- You may wear contact lenses to your procedure. If you wear hearing aids, please wear them in.
- Please make sure your surgeon knows about all of your medical conditions and medications. Some medications may need to be stopped prior to surgery, including but not limited to aspirin, NSAIDs like Motrin and Aleve, prescription blood thinners, vitamin E, CoQ10, fish oil, and glucosamine.