

DAY BEFORE SURGERY

Follow these guidelines the day before surgery to ensure that your surgery goes smoothly:

1. Report any health changes to your surgeon immediately, even if the changes seem minor, such as fever, cough, rash, or cold. Notify your physician if there is a possibility that you are pregnant.
2. If you wear glasses or contact lenses, please wear glasses and bring your case for their safe keeping. We'll provide containers for any removable dentures or bridgework.

Eating and Drinking.

3. DO NOT consume alcohol 24 hours prior to your surgery. Refrain from smoking 12 hours before your surgery. These substances can cause you to have adverse reactions to anesthesia and medication.
4. **DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** (This includes chewing gum). Your surgery WILL BE postponed if you ignore this precaution.

Medications.

5. If you take blood pressure, heart medication or reflux medication, please take with a small sip of water. If you are diabetic or take blood thinning anticoagulants, obtain specific instructions from your physician.
6. If you have specific questions, please call the Texas Health Women's Specialty Surgery Center at 214.345.6747 Monday through Friday from 8:00 a.m. to 3:00 p.m.

Arranging a Ride:

7. Plan in advance for a responsible adult to drive you home and to remain with you the first 24 hours after your surgery. You **CANNOT** drive yourself or be left alone. Failure to provide adequate transportation the day of your surgery **WILL** result in rescheduling or possible cancellation.

DAY OF SURGERY

Arrive at the time instructed for your procedure.

However, unforeseen circumstances may result in delays. Our staff will attempt to keep you informed, but feel free to make inquiries at the reception desk.

To help meet all of your needs, please follow these guidelines:

1. **BRING ALL INSURANCE INFORMATION AND LEGAL PICTURE ID WITH YOU TO THE CENTER.** Failure to do so may result in the cancellation or reschedule of your surgery.
2. Please shower prior to coming in for surgery. Remove all makeup, lotion, powder, jewelry, and hair pieces.
3. Brush your teeth, remembering not to swallow anything.
4. Wear loose, comfortable clothing such as sweat suits, easy button shirts, or blouses that are large enough in case you have a large bandage after surgery and comfortable shoes.
5. Leave all valuables at home.
6. Bring a list of your medication(s), both prescription and non-prescription. Please include dosage(s) and when you take them (if not already provided).
7. Be prepared to sign form(s) giving your consent for the operation. If the patient is under 18, a parent or legal guardian must accompany the child and sign consent form(s).
8. Arrive on time so that your surgery may begin as scheduled.
9. You will be provided a gown and a personal belongings bag to store your clothing during surgery. We will also check your vital signs and may require a urine sample.
10. Your family may wait in our comfortable front lobby.

AFTER SURGERY ~ AT HOME

- 1. Arrange in advance for a responsible adult to drive you home and to remain with you for the first 24 hours after your surgery. You cannot drive yourself or be left alone. Failure to do so will result in rescheduling of your surgery.**
- 2. After you have returned home, be sure to follow your doctor's orders regarding diet, rest, and medication. Unless given other directions, you should start your diet with a reasonable, light meal, non-greasy or spicy. By the next day, you should be back to your normal diet.**
- 3. It is not unusual to feel a little sleepy or a little dizzy for several hours after your operation. Do not sign any important papers or make any significant decisions until this feeling wears off.**
- 4. A nurse from Texas Health Women's Specialty Surgery Center Dallas will call you within a few working days after surgery to see how you are and to answer any questions you might have.**
- 5. Do not drive a car, smoke, drink alcoholic beverages, lift or operate heavy machinery or cook until the day after surgery or as directed by physician.**
- 6. We will ask you to return a questionnaire after surgery. This will help us with your follow-up and to improve our service.**