



304-697-2035

Note!

Your surgery cannot be done without the following:

1. Pre-Op Appointment

___/___/___
at

2. Insurance Clearance

Your insurance must be notified and authorization must be received before we can finalize a surgery date and time.

It is your responsibility to make sure your insurance is informed and has confirmed coverage for your procedure.

We are happy to assist you! Ask to speak with an account representative at our office.

3. Medical Information

Read this form carefully and bring all family history and medical information to your pre-op appointment!

Bring:

INSURANCE CARD,
HEALTH INFORMATION, &
MEDICATION BOTTLES
TO YOUR PRE-OP
APPOINTMENT!

Are You Ready for Surgery?

Getting ready for surgery requires careful planning and preparation. We want to help. This page contains valuable information you will need to know before and after your procedure.

Please read this form carefully, do some research, and be prepared to discuss this information with your provider.

To care for you in the safest way possible, we need to know all about you. We will need the following information.

There are some medications that can interact with anesthesia and can be harmful to you if taken near the time of your surgery.

- **Bring ALL of your medication bottles** (prescription, over the counter, vitamins, and herbal supplements) to your pre-op visit.
- Unless otherwise directed by your provider, avoid aspirin, Pepto-Bismol, Aleve, and Excedrin two weeks prior to surgery.

Please tell your provider immediately if you or a family member have ever:

- Had blood clots in their legs or lungs
- Had problems with anesthesia
- Had a wound that didn't heal well
- Had trouble stopping bleeding when cut
- Had a heart attack or stroke at a young age

Please tell your provider immediately if you have ever:

- Had an allergic reaction to any medications
- Had an allergy or sensitivity to latex
- Had anyone tell you that you snore or stop breathing periodically at night
- Awakened choking at night or frequently wake up feeling very tired

Are you a smoker?

Smoking puts you at higher risk for anesthesia problems and makes it more difficult for your body to heal after surgery. We recommend you stop smoking at least eight weeks prior to surgery. We can provide assistance with quitting.

Neither of the local hospitals allow smoking in the hospital or on the hospital property. If you will not quit smoking prior to surgery, ask your provider to order nicotine patches for your hospital stay.

How is your overall health?

If you are experiencing any health concerns, such as chest pains or difficulty breathing (even if they are not related to your surgery), please tell your doctor.

Get prepared for surgery by eating right, taking a multiple vitamin every day, and getting plenty of rest. If you have trouble sleeping, talk to your provider. If your doctor approves, exercise may be beneficial as well.



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Please remember:

Operating room staff, your doctor's time, instruments, and equipment have been reserved to care for you during your surgery.

If you cannot make your surgery, please give us at least 24 hours notice.

This will allow us to meet the needs of other patients and allow the hospital operating room to use their staff and resources wisely.

We wish you a speedy recovery!!

Call us if you need us!

**(304)
697-2035**

A few weeks ahead of your surgery....

You may wish to prepare a few meals ahead and store them in the freezer or make arrangements for someone else to prepare meals for a few days after your surgery. You should also make arrangements for help with housework and childcare as well.

Make contact with your insurance company and make sure they have all the information they need.

If you have a living will or advance directives, make sure you get a copy to bring to the hospital. These forms increase your control over medical decisions and also give instructions about who you wish to make decisions in the event that you cannot make them for yourself.

Go to the hospital to have your lab work and preadmission testing completed **one week** before your surgery. Your provider will give you an order form that you will need to take with you. Be sure to go to the hospital where your surgery is scheduled. Lab hours 8-4:30.

A few days ahead...

Get the prescriptions for your post-op pain medications filled. Get any wound care items recommended by your provider. After one week of healing time, we recommend vitamin E oil to rub on your wound to promote healing and reduce scarring. If you can't find vitamin E oil, you may break open a vitamin E capsule from the vitamin section of your drugstore.

You may have driving restrictions for awhile, so do all necessary errands.

Pack your bag for the hospital.

Call the office to confirm your surgery time if you have not been informed.

The night before...

Follow the pre-operative instructions you have been given by your provider. Do not eat or drink anything after midnight. Bath or shower using anti-bacterial soap but do not shave the operative area. Get a good night's rest.

Prepare to arrive at the hospital at the exact time you were instructed. The operating room does not have extra holding room for those who arrive too early. Remember to tell your family that the time you arrive is not your surgery time. The staff needs time to get you ready. Surgery times can be unpredictable since you never really know what a patient will need until the surgery begins. We will try our best to keep you and your family informed.

What to bring with you...

Bring only what is necessary to the hospital. If you are going to stay a day or two in the hospital, you will need slippers, a robe, a comfortable outfit to wear home, toiletries, eyeglasses, gowns (if you prefer not to wear the fashionable ones the hospital has), and a few dollars for incidentals.

Do not bring jewelry, credit cards, or anything else of value.

Remember to remove contact lenses, artificial nails and nail polish. If you have removable dental work, bring a container for it.

Who to bring with you...

Family and close friends can be a wonderful support system. Most of the time, guests can stay with you while you are in the pre-operative area. We recommend you choose someone calming and supportive. Small children should remain at home.

You should arrange for someone to drive you home after your surgery. You will not be allowed to drive yourself.

Before you leave the hospital...

Make sure you have been given a date and time for your follow-up visit at the office. Your nurse at the hospital will give you a sheet of instructions to go with the instructions we sent with you at your pre-op appointment. Read these carefully and ask any questions prior to leaving the hospital. Keep our office number handy so you can reach us if you need us.