

**PAT Pre-Operative Instructions**

**Medications to Hold:**

- 7 Days prior to Surgery: \_\_\_\_\_
- 5 Days prior to Surgery: \_\_\_\_\_

**Medications to take:**

- Morning of Surgery: \_\_\_\_\_

**Instructions:**

- Please review detailed Pre-Procedure Instructions provided in the packet.
- EATING INSTRUCTIONS: eat a light meal (plain toast, no butter or toppings) prior to \_\_\_\_\_. From then on, you may drink clear liquids (plain, carbonated or flavored water, apple juice or white grape juice without pulp, or chewing gum) until \_\_\_\_\_ AM.
- Do not eat hard candy, smoke, or chew tobacco after midnight.
- You may brush your teeth but do not swallow any water.
- Wear loose clothing and shoes that are easy to put on. No flip-flops. If you are having neck surgery wear a shirt with a loose neckline, i.e. a button-up.
- Do not wear contacts, make-up, or lotion. Eyeglasses are encouraged.
- Please remove all piercings and leave all jewelry at home.
- 2 days prior to surgery **AND** the morning of surgery shower using Chlorhexadine (Hibiclens). This is an anti-bacterial soap used to prevent infection. Do not use on your face, near your eyes or on your genitals. Wash your entire body (except face and genitalia) and especially where the incision will be. This product may be purchased at drugstores and some pharmacy areas in grocery stores or you may come by the GNS Surgery Center and we will provide the product. Detailed instructions provided in Pre-Procedure packet.
- You will not be able to drive following surgery so have someone with you to drive you home. Please only bring one person with you to the surgical facility as only one will be allowed only in the waiting room and not back in patient care areas. Children under the age of 18 are not allowed in the pre-op or post-op area and cannot be left alone in the car.
- You will need someone to stay with you for AT LEAST 24 hours following surgery.
- If Lab Work is required we will fax the order to the facility of your choice:
- Traveling out of town post surgery should be discussed with your physician.
- Please make sure to bring a Photo ID, insurance card(s), advance directive, DPA, any signed form, and payment due with you on the Date of Service.
- Hydrate well for the 24 hours prior to your surgery.
- Put clean linens on your bed at home, and when showering make sure to use a clean towel and wash cloth. After showering put clean clothes on.
- If you smoke, it is in your best interest to stop smoking at least 12-24 hours prior to surgery. Not smoking can lower your risk of infections and also increase the amount of oxygen in your body to promote healing,**

**RN Signature** \_\_\_\_\_ **Date & Time** \_\_\_\_\_

PLEASE CALL THE GNS SURGERY CENTER FOR ANY PRE-OPERATIVE QUESTIONS  
(706-543-9222); OPTION 1.

Arrival time: \_\_\_\_\_

Please visit our website [www.gnssurgery.com](http://www.gnssurgery.com) for information.



Thank you for choosing GNS Surgery Center

Patient Sticker