

Operative Instructions

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Pre & Post Operative Instructions

What to Expect Before Surgery

- You will be contacted by the hospital to confirm your arrival time, that you will not be eating or drinking after midnight and to confirm the medications you may take on the morning of your surgery.
- Notify our office immediately if there are any changes in your health or if you have been exposed to any communicable diseases and/or if there is possibility of pregnancy.
- Do not consume alcoholic beverages, at least 24 hours prior to surgery.

Eating/Drinking Requirements

- Please do not eat or drink anything after midnight if your procedure is before 12 noon the next day.
- If your procedure is after 3pm, you may have a light meal before 7:00am but do not drink caffeine or have milk products on the day of or the day before your surgery

Medication Use Prior to Surgery

- Take all medications with a sip of water the morning of your surgery except diabetic or insulin oral hypoglycemics
- Aspirin, ibuprofen, Alleve®, Advil® or other non steroidal analgesics should be stopped at least 10 days prior to surgery
- Blood thinners should be discontinued under the direction of your physician
- Use of products such as St. John's wort can cause increased bleeding and therefore should be discontinued at least 5 days before surgery
- If you are taking medications for high blood pressure, or nervous disorders, contact the prescribing physician for additional instructions.

Morning of Surgery

- Please arrive on time with your photo ID and insurance card.
- Bathe or shower the morning of surgery; if you shampoo your hair, make sure it is dry and do not use hairspray.
- Do not wear makeup, lipstick, lotions, perfume, or nail polish.
- Wear loose fitting, casual clothing that can be easily removed and fit over large dressings.
- Do not bring rings, watches or other valuables to the Hospital.
- Bring a list of all prescriptions you are currently taking with you on the day of surgery.
- Bring a written list of known allergies.

At the Hospital

- Patients must sign a surgical consent form before any medication can be given or surgery performed.
- Minors must have a parent or legal guardian sign a consent form before surgery can be performed. Minors must also have a parent or guardian stay at the hospital at all times during the surgery and recovery.
- Patients should not leave the hospital unless they are under the care and supervision of a responsible adult.

Discharge Planning

- If you are receiving any sedation for your procedure or epidural injection, **you are required by New Jersey state law to have someone drive you home.**
- Your designated driver will need to check in with you when you arrive.

- Your designated driver should be at the Hospital to take you home as soon as you are ready to leave. Waiting for drivers that need to finish errands, appointments or jobs can be uncomfortable and upsetting for patients who need to go home to rest.
- Patients using a taxi service must be accompanied by a family member or responsible party.

Post-Op Period

- The nurse caring for you in the recovery room will provide you with post-operative instructions regarding diet, rest and medication
- Do not drive or operate machinery, power tools, etc. for at least 24 hours.
- You may experience lightheadedness, dizziness or sleepiness from the surgery and/or use of pain medication, so be careful when walking, especially on stairs.
- Do not drink alcoholic beverages, including beer, for at least 24 hours or while taking pain medication.
- Do not sign legal documents or make critical decisions for at least 24 hours.
- Rest at home with light activity for 24 hours.
- Please have a responsible adult stay with you for at least the first 24 hours.
- A follow up phone call will be made to check on your condition.
- ***Please call our office immediately if you have any of the following conditions: fever, pain, wound opening, foul discharge, vomiting, diarrhea or constipation for 3 or more days.***

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