

## Pre-Operative Instructions

**Surgery Date:** \_\_\_\_\_

### **Surgery Location:**

\_\_\_\_\_ Providence Milwaukie Hospital 10150 SE 32nd Avenue, Milwaukie\*

\_\_\_\_\_ Emanuel Hospital, 2801 N. Gantenbein St, Portland \*\*

\_\_\_\_\_ East Portland Surgery Center, 9200 SE 91st Ave, Suite 100, Portland\*\*\*

\*Providence Milwaukie Hospital patients need to call pre-admissions at (503)-215-9565 prior to your surgery date.

\*\*Emanuel Hospital patients need to call (503) 413-2720 to pre-register by phone between the hours of 9am to 5pm Monday through Friday. This can be done any time before the surgery date. If lab work, EKG or chest x-ray have been ordered, please complete them 7-10 days prior to surgery. You will receive a copy of the orders. Children scheduled for surgery do not require lab work unless otherwise notified.

\*\*\*East Portland Surgery Center patients need to call (503) 772-6160 to pre-register over the phone prior to your surgery date.

### **Special Instructions:**

1) **Nothing to eat or drink after midnight the night before your surgery.** In fact, nothing should pass the lips except heart, blood pressure or critical medications (and a toothbrush). When you brush your teeth do not swallow any water. No gum chewing. No chewing tobacco. Failure to comply may result in cancellation of your surgery. If you have any questions about the anesthesia or anesthesia guidelines, you can check with the anesthesiologist when he or she calls the night before.

2) **Discontinue use of Aspirin or related medications (Ibuprofen, Naprosyn, Relafen, Voltaren), Vitamin E, Plavix, Coumadin (Warfarin) SEVEN DAYS prior to surgery.** These medications thin the blood and increase your risk of post-operative bleeding or hematoma. Patients on Coumadin may require special arrangements for substitution with another blood thinner prior to surgery. **If you are on Coumadin and have not made these arrangements, please call our office as soon as possible.** If you are unsure if specific medications should be

discontinued please call our office, your primary care office or a pharmacist to discuss. In most cases, you may safely resume blood thinning medications two weeks after surgery (patients of Coumadin will require separate arrangements).

**3) For outpatient surgery, you will need to arrange for a driver to accompany you home after surgery. It is hospital and surgery center policy that you will not be able to drive yourself.**

4) If you or your child become sick around the time of surgery, please inform our office to let us know. In general, surgery should be postponed for high fevers (> 101), productive cough, persistent vomiting or diarrhea.

**5) Our surgery scheduler will call you one to two days prior to surgery with your check in time. Surgery times change at the last minute, this is why you will be informed 1 to 2 days before your surgery date.** If you have questions, please call (503)513-8693.

6) If your surgery is scheduled at Emanuel Hospital, the anesthesiologist involved in you or your child's care will call you the night before to discuss medical history and talk about the method of anesthesia that will be used.

7) Wear loose fitting clothes and shoes on the day of surgery. If you are having nasal, facial, scalp or neck surgery, consider wearing a button up shirt. This will make getting dressed after surgery easier. Also please do not wear perfume, cologne, or heavy lotions when coming in for your procedure, as it may not be tolerated by other patients.

**POST OP APPT IS SCHEDULED FOR \_\_\_\_\_**

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