



**Patient Name:** \_\_\_\_\_

**Hospital:** Atlas Surgical    Norton Pavilion    Norton OBC    Baptist Health    Jewish Medical East

**Surgery Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_ AM/PM

**Registration Location:** \_\_\_\_\_

**Instructions Before SURGERY:**

- Do NOT eat or drink anything, even water, after midnight the evening before your surgery unless you are directed otherwise by Dr. Digenis. Please do not chew gum or mints after midnight. (Initial \_\_\_\_\_)
- If you have high blood pressure and take morning BP medications, please bring Rx to the hospital the day of the surgery. Dr. Digenis or Anesthesia will determine if you can take the medication with a sip of water when you arrive.
- If Dr. Digenis has directed the use of Hibiclens® (chlorhexidine), please use it the night before and the morning of your surgery. Shower as you would normally. Apply the Hibiclens® to a wet, clean, washcloth and lather your entire body from the neck down focusing on the areas where incisions will be made. Never use the solution near your eyes. Do not wash with regular soap after you have used the Hibiclens®. Pat yourself dry with a clean, freshly laundered towel. DO NOT apply any powders, deodorants, or lotions.
- Avoid taking any anticoagulant medication at least 2 weeks before surgery unless otherwise instructed (see attached sheet for medications to avoid).
- Please bring your photo ID and health insurance card with you on the day of surgery but avoid bringing any valuables.
- Inform your doctor of all medications that you are currently taking and any changes in medication. If you have diabetes, ask your doctor in advance about insulin injections on the day of surgery.
- Please remove fingernail polish or artificial/gel nails before surgery.
- Have a ride arranged to take you home after discharge from the procedure.
- **STOP SMOKING/VAPING OF ANY SUBSTANCE AT LEAST 30 DAYS PRIOR TO THE SURGERY.** (Initial \_\_\_\_\_)
- **REFRAIN FROM ALCOHOL CONSUMPTION OF ANY KIND 2 WEEKS PRIOR TO THE SURGERY.** (Initial \_\_\_\_\_)
- **NO TRAVELING FOR 2 WEEKS POST OPERATIVELY SO PLEASE MAKE PLANS ACCORDINGLY.** (Initial \_\_\_\_\_)

**Instructions After Surgery:**

- At the time of your discharge, a nurse will provide a list of **POST-OPERATIVE INSTRUCTIONS**.
- If a problem develops at home or there is a change in your physical condition (fever, nausea, bleeding, etc.) please contact the office immediately.
- **FOR ROUTINE QUESTIONS AND/OR PRESCRIPTION REFILLS, PLEASE CALL THE OFFICE DURING REGULAR BUSINESS HOURS, MONDAY-THURSDAY 9:00 AM – 5:00 PM; FRIDAY 9:00 AM -4:00 PM.**

**Post-Op Appointment(s):** \_\_\_\_\_

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