

## PRE-OPERATIVE INSTRUCTIONS

- Please plan on being at the center for at least 3-4 hours. This time frame includes the entire process from check-in to discharge, but please allow for delays and plan your day accordingly.
- You **MUST** have a responsible adult with you the entire time you are at the center. You are not allowed to drive after your surgery. **Please be aware that your procedure will be cancelled if you do not have an adult with you.** We ask that your companion remain at the surgery center and does not leave.
- Bring your photo ID (driver's license, state ID etc.) and insurance card. If you have a co-pay due, expect a phone call from our corporate billing office to discuss the amount and collect payment prior to your surgical date.
- Please bring a written list of medications you take, including the dosage and how often you take them, and surgeries or procedures you have had.
- Do not eat or drink anything after midnight the night before your surgery, unless otherwise directed by your physician or staff at the surgery center. This includes gum, mints, candy or cough drops. You may brush your teeth but do not swallow any of the water. **Eating or drinking prior to your surgery, unless it is water to take medications, may result in your surgery being cancelled.**
- Do not wear any makeup, contacts, or jewelry. Please shower the night before or morning of your surgery.
- Wear loose fitting, comfortable clothing and shoes. You will change into a patient gown when you are called back to the pre-op area, so clothing that is easy to get on and off is best. It is cold at the center so feel free to wear a jacket or sweater however, we may ask that you leave it with your driver upon calling you back.
- Unless instructed otherwise, you may take all prescribed medications the morning of surgery with a small sip of water. Certain blood thinning medications may need to be held prior to your surgery – your physician will have discussed this with you if it is necessary. If you are a diabetic, please hold your diabetic medications the day of surgery. If you are taking a GLP-1 agonist medication (Ozempic, Wegovy, Victoza, Mounjaro, Zepbound, Jardiance, etc), please hold these medications for **ONE WEEK** prior to surgery.
- Refrain from smoking the evening prior and morning of your surgery, and do not drink alcohol 24 hours before surgery.
- After your procedure, plan on resting at home. Anesthesia used for your procedure can make you tired, unsteady, and forgetful. An adult should be with you for the remainder of the day.



- Your physician's office will schedule a follow-up appointment for you. This appointment will be at your physician's office, not at the surgery center.
- Please expect a call from the surgery center one to two business days prior to your scheduled surgery date to give you an arrival time, review these instructions, and answer any questions you may have. The time you will be given is your arrival time at the center, your surgery time will typically be 2-3 hours after that.
- Our address is: 6925 NW 11<sup>th</sup> Place, Gainesville, FL 32605. We are located off of Newberry Road and NW 69<sup>th</sup> Terrace, we will be the second street on the left.
- Our phone number is 352-331-1590, please feel free to reach out with any questions! We look forward to taking care of you.

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**Signature**

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**Date**