

PRE-OPERATIVE INSTRUCTIONS

1. Take **nothing by mouth** after midnight or as instructed by your surgeon. This includes water, food, mints or the chewing of gum, etc. Please do not swallow water when brushing your teeth in the morning. *If instructed by your physician*, you may take certain prescribed medications with a sip of water the morning of surgery when you first wake up.
2. If you are a **pain management patient**, and not a surgery patient, please follow the instructions from your physician regarding your nutritional restrictions.
3. Please **do not smoke** the day of surgery / refrain from smoking as long as possible.
4. Your physician's office will call to tell you what time to arrive at the surgery center. Please be on time. Surgery times are approximate; you may need to wait, or you may be called to come in earlier than you were first told. Please be available by phone.
5. You must have **someone 18 years old or older to drive you home**. For short surgeries, it is best your ride wait at the surgery center. If you are a pain management patient, your ride must be here at the start of and wait during your procedure. If you do not have a ride, your procedure may be delayed or re-scheduled. Alternate driver services (not taxis or buses) are available with a 24 hour reservation. The patient is responsible for this cost. For information, please speak with an IOS nurse or your doctor.
6. Please write down the name and phone number of your ride home after surgery. You will be asked this information when you arrive.
7. A legal parent or guardian must sign consent forms for **minor patients** (under 18 years old). If someone other than the legal parent or guardian is to wait with the child, the legal parent or guardian must provide written permission, a copy of their photo ID and a telephone number where they can be reached on the day of surgery.
8. One legal parent or guardian must remain at the surgery center the entire time for any patient under 18 years old.
9. A copy of a Power of Attorney may be required if someone is signing for the patient.
10. Please **arrange for someone to stay with you at least 24 hours after surgery**.
11. **Bathe or shower and wash your hair** prior to surgery.
12. Please avoid wearing perfume, cologne, body lotion, hair spray or make up.
13. Please **wear loose, comfortable clothing** (large button-up shirt for shoulder surgery / shorts, skirt, sweat pants for knee or ankle surgery) and easy-on shoes (not thongs).
14. Please **remove all metal** from your body including jewelry, rings, piercings, etc.
15. Please **leave valuables at home** or with your ride (wallets, jewelry, cell phones, etc.) **except a picture ID, insurance card and any co-payment** you may have.
16. If you wear eyeglasses or contacts, please bring the case.
17. Please **bring a list of the medications** you take including: Name, Dose (mg, mcg, etc), how often taken, and when it was last taken.
18. If you have an **Advance Healthcare Directive**, please bring it with you.
19. IOS is located on the north side of Desert Inn between Eastern and Pecos McLeod. Please see our Web site for your pre-operative forms and for more information at **www.ioslv.com**.

Thank you for choosing the Institute of Orthopaedic Surgery for your healthcare needs.