# Preoperative Instructions & Information

SCA Health

A nurse will call you a few days in advance of your surgery to review your health history and medications, answer questions and give you specific instructions regarding your surgery. Please save our number (719.418.4244) as a contact in your phone so we may reach you. For urgent health questions, a pre-operative nurse can be reached at 719.418.4247.

- COVID/Masks: At this time we are NOT COVID TESTING, NOR REQUIRING MASKS, however, if you have/are sick in the two weeks prior to your surgery, you should let your surgeon's office and pre-op nurse know.
- Driver/Responsible Adult: All patients are **required to have a driver/responsible adult** able to take them home and **stay with them for 24 hours** following surgery.
- Surgery Time: You will be texted or called on the business day prior to surgery with your time for arrival. Because surgery times can change, please keep your phone with you in case of any changes to your arrival time, including the day of surgery. You should not have other conflicting plans on the day of your surgery.
- Bring: Photo ID, Method of payment, and completed pages 3-5 of this packet (if able to print), and anything requested by your surgeon (e.g. slings, boot/surgical shoe, crutches, walker, ice machine, etc.).
- Wear/Prep: Loose fitting clothing, large enough to fit over a bulky dressing. We recommend loose fitting t-shirts and pants/shorts with elastic waistbands if possible. No makeup, lotion or jewelry on the day of surgery. Please remove all piercings prior to arrival. Rings on the same extremity as your surgery will be cut off pre-operatively if not removed prior to arrival. We recommend having a jeweler cut them off prior to arrival (if this is a concern, you may confirm with the pre-operative nurse on your phone call). Please shower or bathe your entire body with soap the night before or morning of the surgery (do not remove any dressing placed by your surgeon).
- After Hours Emergencies/Inclement Weather: If weather, illness, or emergency will prevent your from arriving on the day of surgery, please call 719.418.4244 to let us know. If there is no answer and your surgery is the same or next business day (if after hours), please call 719.418.4255 and leave a message with your name, surgeon, scheduled arrival time, and details of your situation.

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**DIET PREPARATION FOR SURGERY:** To ensure a safe anesthetic and avoid cancellation of your surgery, please follow the guidelines below.

**DAY BEFORE SURGERY**:

- NO ALCOHOL or RECREATIONAL DRUGS for 24 hours prior to surgery.
- You may eat/drink as normal, we recommend the adding Gatorade/Powerade as listed below.
- Shower or bathe full body with soap, night before or morning of surgery.

**OPTIONAL GATORADE/POWERADE PROTOCOL**:

Research has shown that having Gatorade/Powerade prior to surgery helps you to process the anesthesia better and recover faster afterwards. The sugar in the Gatorade/Powerade is part of what helps you to recover faster, so you will gain the most benefit from the full calorie Gatorade/Powerade. Any flavor is acceptable, this Gatorade/Powerade is optional, but other than a sip of water with meds, it is the ONLY THING allowed after midnight on the day of your surgery. You may not substitute for anything else. We recommend that you buy 3 20-ounce bottles and have one with lunch and dinner the DAY PRIOR TO SURGERY, the last one you are allowed to have on the DAY OF SURGERY, you may have up to 20 ounces between midnight and 4 HOURS PRIOR TO CHECK-IN TIME for surgery.

**DAY OF SURGERY**:

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT,** not even water. The only exceptions are a sip of water with medications, or up to 20 ounces of Gatorade/Powerade (see above protocol) that is FINISHED 4 HOURS PRIOR TO CHECK-IN TIME. You may not have any other food, water, candy, including gum or mints.
- **No smoking or chewing tobacco** after midnight on the day of surgery. Doing so may result in your surgery being cancelled or rescheduled.