



PRE-OP INSTRUCTIONS

- ❖ Bring a list of all Medications/Herbs/Supplements, the dosage and how often you take them.
- ❖ Do not eat anything after midnight, including: gum, hard candy, or ice chips. You may have clear liquids only up to 8 hours *BEFORE* your surgery. Do not smoke at least 8 hours prior to surgery.
- ❖ A responsible adult must drive you home after surgery.
- ❖ Arrive at Texas Surgical Center at the time specified by your doctor's office staff.
- ❖ Leave all jewelry and other valuables at home. If you have not made financial arrangements with TSC, please bring your insurance cards and money, a check, or a credit card to pay your co-pay/deductible with you the day of surgery. Remove any pierced jewelry from your body before coming to the surgery center. Bring a container for contact lenses.
- ❖ Do not wear make-up or nail polish.
- ❖ If you take high blood pressure medication, you may take it the morning of your surgery with a small sip of water before coming to the center.
- ❖ Please wear comfortable, loose fitting clothing. Shirts should have sleeves that are drawn up above the elbow and shorts or very loose pants if you are having surgery below the waist.
- ❖ If possible, fill any prescriptions that were given to you prior to your appointment so that they will be available to you after surgery.
- ❖ You will meet with your anesthesiologist/CRNA prior to surgery. If you have any questions about your anesthesia, please feel free to discuss them with your anesthesiologist/CRNA. You will see your surgeon prior to surgery.
- ❖ **FOR FEMALE PATIENTS: PREGNANCY TESTING**
For your safety, a pregnancy test (at no additional cost to you) will be administered on the day of your surgery. Patients who have had a hysterectomy or are not of child-bearing age will be exempt.