

General Preoperative Instructions for Adults

Surgery Start Time

When you schedule your surgical procedure, our office staff will give you a tentative start time as well as the time that you should arrive at the facility. You should be aware that sometimes this will change. You should receive a telephone call on the day before the surgery to verify times. If for some reason you do not receive this call by 3 PM on the day before your surgery, please call our office at 972-253-4250. Also please be sure that our office has a good working phone number for you.

Preoperative Testing

Most surgeries will require some basic blood tests prior to surgery. Likewise, radiology tests such as a chest x-ray may be necessary as well. Our staff will inform you which tests are necessary for you when you schedule the surgery. These tests will be performed in the MSCl lab on the first floor of our office building.

Preoperative Medical Evaluation

It may be necessary for you to be cleared medically to undergo surgery. Your doctor will tell you when you schedule your surgery if a medical evaluation is necessary. The evaluation may be done by your primary care physician or in some cases by a cardiologist.

Medications

Be sure that you have given your doctor an up-to-date list of your regular medications. Most medications should be taken regularly, including on the day of surgery. However, some medications may need to be withheld prior to surgery. For example, if you take Aspirin, Plavix, Aggrenox, or coumadin (Warfarin), you may need to stop these before the surgery. However, some people cannot safely stop medications such as these so you need to get specific instructions from the surgeon or your primary care physician about discontinuing these medications.

Diabetes medications may need to be held or the dose decreased on the morning of surgery. If you have diabetes then please get specific instructions from the physician that manages your diabetes about how to take your diabetes medications on the day of surgery. It is important to take regularly scheduled blood pressure medicines, heart medicines, and asthma medicines just as you would normally takes these.

On the day of surgery

Do not eat or drink anything after midnight prior to your surgery. If you violate this rule then your surgery will likely be cancelled. This is for your own safety and it is very important. Please arrive at the appropriate facility on time. Most facilities require some time to register at the front desk, so arriving near your scheduled surgery start time will delay your surgery.

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After surgery, you will be given instructions about postoperative care and prescriptions. However, you must have another responsible adult that can receive these instructions and prescriptions and take you home. You will not be allowed to drive yourself home from the facility.

Follow-up Care

You will receive post-operative instructions that are specific for the type of surgery that you are having. If you have any questions or concerns during the recovery period, please do not hesitate to call our office at (972-253-4250). You should make a follow-up appointment after your surgery. In most cases, this should be one week after your surgery.