



Dear Surgical Guest,

Welcome to Foothills Surgery Center. Please read the following for important information regarding your surgical procedure.

- Registration personnel from the Surgery Center will call to obtain your demographic and insurance information. You may call directly at 720-441-5757 if that is more convenient.
- Log onto the surgery center's website at [www.foothillssurgerycenter.com](http://www.foothillssurgerycenter.com) and complete your Medical History within 48 hours prior to your procedure. The information you provide will include questions about your medications and their dosages, medical and surgical history.
- You will be going home the same day. It is **required** that someone else drive you home. If you are using public transportation to return home, you **must** have a responsible adult to escort you home. It is **strongly suggested** that you not drive for the remainder of the day, and that someone stay with you until the following day.
- Call your surgeon's office if you develop a cold, sore throat, fever or any other illness that occurs within 48 hours before your surgery.

#### **FASTING BEFORE SURGERY:**

- **FOOD/WATER:** Stop all foods and liquids 8 hours prior to your surgery, unless you are bringing in a child for surgery. (Breast milk should be stopped at least 6 hours prior to surgery, and water within 3 hours).
- Your **prescription** medications will be reviewed during the interview and those indicated may be taken with sips of water on the day of surgery.
- No oral hypoglycemic medication or insulin on the day of surgery.
- Please NO gum, breath mints or chewing tobacco after midnight.
- PLEASE do take a shower the morning of surgery.
- Brush your teeth, rinse and spit without swallowing the water.

#### **WHAT TO BRING:**

- Bring the Foothills Surgery Center packet.
- Bring your insurance card and photo ID.
- Please do NOT apply makeup, deodorant, creams or lotions.
- Bring a case for contacts, glasses and dentures.
- Bring crutches if having knee or foot surgery, to check for proper fit and receive instructions for use
- Bring any durable medical equipment (DME) already issued or previously in use as per instructed by center personnel.
- Leave ALL jewelry and valuables at home. The Surgery Center is not responsible for valuables.
- Wear loose fitting comfortable clothes.

Thank you,  
Foothills Surgery Center