



Pre-Admission Instructions for Surgical Patients

Receiving Anesthesia

- **Bring a photo ID** (minors do not need ID, but primary insured party does need to bring theirs), **your insurance card**, and your **form of payment**.
- **Bring your folder** if your surgeon gave you one in the office.
- **Do not eat or drink anything**, including water, hard candy, chewing gum, breath mints or chewing tobacco **after midnight** the night before your surgery, unless otherwise directed.
- **It is okay to shower and brush your teeth** the morning of your surgery.
- **Wear loose, comfortable clothing**. If you are having a shoulder surgery, please wear or bring a large button down shirt for after surgery. Sleeves, legs and waistbands should be loose enough to fit over bandages.
- **Leave all your valuables at home** – including wallet, money, jewelry, and laptops. We cannot be responsible for their safety.
- **Please remove all metal piercings and jewelry**.
- **Bring a case for your contacts, glasses and dentures**.
- **Bring your post op pain medication with you**, if possible.
- **Bring inhalers** with you if you have asthma or emphysema.
- **Bring your CPAP or mouth piece** if you use one at home for sleep apnea.
- **If you take insulin**, bring your insulin and syringes with you.
- **Do not wear any lotion or makeup** on your face or body the day of your surgery.
- If you have a **latex allergy** or if you think you **may be pregnant**, please call the surgical center as soon as possible at 720-441-5757.
- **Do not take any medications containing aspirin, vitamin E, fish oils, omega fatty acids, herbs, or weight loss products** for at least seven (7) days prior to the procedure. If you have taken any of these, please inform your surgeon as soon as possible.



- **If you take blood thinning medications for your heart**, like Aspirin, Coumadin or Plavix, contact your cardiologist or primary care physician for guidance regarding when you should stop and restart your medication.
- **A responsible adult must** accompany you to the surgical center and be available to both drive you home **and** stay with you through the night. Parents of children absolutely cannot leave while their child (minor) is at the facility - they must remain in the waiting area.
- **You may not take a taxi, bus or any form of public transportation** home by yourself – you may do so only if you have a responsible adult with you.
- **Foothills Surgery Center does not provide crutches.** If you are having leg, knee, ankle or foot surgery, your surgeon may require crutches. If so, please arrange to have them prior to your surgery and bring them with you so we may ensure proper fit and use. Some local stores offer crutches for purchase, such as King Soopers, Rite Aid, and Walgreens. You may also try your local community service organizations such as a Senior Center or Goodwill.
- **If your surgeon pre-arranged for any durable medical equipment** - such as an ice machine, brace, boot or sling – bring these with you.
- Call your surgeon's office **if you develop a cold, sore throat, fever or any other illnesses** that occur within a few days of your surgery.
- Feel free to bring reading material or your own digital music and headphones.
- **If you have any questions regarding your procedure, please contact your surgeon's office or the Foothills Surgery Center at 720-441-5757.**



Pre-Admission Instructions for Surgical Patients

Receiving **NO** Anesthesia

All the above guidelines remain the same, except for the following changes:

- **It is okay to eat and drink the day of your surgery.** Please do not have a heavy meal just prior to arrival.
- **You may drive yourself home after the procedure.** A responsible adult does not need to accompany you to the surgical center.
- **You may take a taxi, bus or any form of public transportation** home by yourself.

Pre-Admission Instructions for Pain Patients

- **If you ARE having conscious sedation,** do not eat anything 6 hours prior to your arrival time, or drink anything (including water) 3 hours prior to your arrival time.
- **If you ARE having conscious sedation, a responsible adult must accompany** you to the surgical center and be available to both drive you home and stay with you the rest of the day. You may not take a taxi, bus or any form of public transportation home by yourself – you may do so only if you have a responsible adult with you.
- **If you are NOT having conscious sedation,** there are no eating or drinking restrictions. You may drive yourself home.
- **If you are having a low back injection,** wear loose fitting elastic waist pants. Do not wear jeans or any pants with metal around your waist area. Remove belly piercings.
- **If you are having a neck injection,** do not wear any metal earrings or necklaces.
- If you have a **latex allergy** or if you think you **may be pregnant,** please call the surgical center as soon as possible at 720-441-5757.
- **Do not take Metformin (Glucophage)** the day before, the day of, or the day after your procedure.



- **Do not take aspirin, vitamin E, Fish Oil or Omega Fatty Acids for 7 days** prior to your procedure. If you have taken any of these, please inform your physician as soon as possible
- **Do not take NSAIDS** (non-steroidal anti-inflammatory drugs) like Ibuprofen or Aleve **for 3 days** prior to your procedure. If you have taken any of these, please inform your physician as soon as possible.
- **If you take blood thinning medications for your heart**, like Aspirin, Coumadin or Plavix, contact your physician and cardiologist for guidance regarding how long you should stop your medication prior to your procedure.
- **Continue taking all your prescription medications**, even the morning of your procedure, unless otherwise directed. If you are still not sure what to do about any medications, refer to your packet or call the physician's office.
- **Bring a photo ID** (minors do not need ID, but primary insured party does need to bring theirs), **your insurance card** (if appropriate), and your **form of payment** (if required).
- **If you have any questions regarding your procedure, please contact your physician's office or the Foothills Surgery Center at 720-441-5757.**