

McLAREN FLINT
PRE-OPERATIVE INSTRUCTIONS

Please arrive at the Hospital at _____ AM/PM on _____.

If there is a change, expect a phone call from your surgeon or the Hospital.

1. Please report to the **Patient Services Center** on the day of surgery for additional labs **if instructed to do so by your nurse**, then you will report to Surgical Services Department (3rd floor).
2. Call surgeon if you feel ill or have an elevated temperature
3. Follow specific surgeon instructions
4. No food / drink / gum or mints after 12 midnight before surgery
5. No smoking after midnight
6. No alcohol 24 hours before surgery
7. No diet pills/ herbals 10 days before surgery
8. Aspirin products, NSAIDS (non-steroidal anti-inflammatory drugs), anti-inflammatory and arthritis medications need to be stopped 5 days prior to surgery unless otherwise instructed. They may cause increased bleeding after surgery.
9. Follow your doctor's insulin/ oral hyperglycemic medication orders
10. Tylenol is permitted
11. No marijuana or street drugs at least 72 hours prior to surgery
12. Shower using Chlorhexidine Gluconate (CHG) or Antibacterial Soap the **night before and the morning of surgery**.
 Joint & Spine Patients: Shower using Chlorhexidine Gluconate (CHG) **3 days consecutively before and the morning of surgery**.
 Open Heart / Cardiac Patients: Shower using Chlorhexidine Gluconate (CHG) **4 days consecutively before and the morning of surgery**.
13. No lotions/ powder/ cologne/ make up or deodorant
14. Remove all body piercings, acrylic nails and nail polish
15. Brush teeth, do not swallow water
16. Wear loose comfortable clothing and low heeled shoes
17. Do not wear contacts to the hospital. Please wear your glasses and bring a case to store them.
18. No greasy/ spicy foods 24 hours prior to procedure. Drink plenty of fluids throughout evening
19. No tampons, use pads if necessary
20. An adult companion must be present to drive you home from hospital
21. Have a responsible adult remain at hospital throughout your surgery
22. Only two visitors are allowed per patient, please designate one spokesperson per family. Only children over the age of 12 are allowed per the visitor policy.
23. Bring your CPAP machine if necessary.
24. Leave jewelry/valuables at home. The hospital is NOT responsible for patient property.

Special instructions or medications to take on the day of surgery:

If you have any questions please contact us at (810) 342-2193 or contact your surgeon or physician's office.

Thank you for choosing McLaren Flint as your healthcare provider!

PRE-OP INSTRUCTIONS

MHCC-17447 (2/15)

PT.

MR./PM.

DR.