

Norwalk Surgery Center  
40 Cross St Suite 120  
Norwalk, CT 06851  
(203) 546-3377

## Preparing for Surgery

Your doctor will discuss with you the scheduling of your surgery or procedure well in advance of the selected date. Your physician's office will then schedule your procedure with us.

You may need certain laboratory tests (blood work, EKG, X-rays) or other medical consultation. Your physician will advise you of what is required and order your tests. All testing should be completed several days prior to your surgery to allow the results to reach us in a timely manner.

Please review the directions on how to get to the center days prior to your scheduled date. You may want to do a test drive if you are unsure of our location. For your own safety and protection, you will not be allowed to drive a motor vehicle home. The only exception to this is for patients having a local anesthetic only (numbing medicine) under a physician's order.

If at any time prior to your surgery you experience a change in your physical condition, such as a cold, fever, sore throat, please call your surgeon or surgeon's office.

### **PRE-OPERATIVE INSTRUCTIONS FOR ADULT PATIENTS**

- Do not drink alcohol or smoke for at least 24 hours prior to your procedure
- Do not eat or drink anything (including water, gum, mints, hard candy) after midnight the day of surgery or within eight (8) hours, unless you are instructed otherwise by your surgeon. Undigested food in the stomach can cause complications and your surgery may be postponed or cancelled. **Patients of DR. BAST or DR MIRONOV receiving injections should not eat or drink anything three (3) hours before their scheduled local procedure. If Dr BAST or Dr MIRONOV patients receiving anesthesia must adhere to not drinking or eating for at least eight (8) hours.**
- If your surgeon writes a prescription for antibiotics or postoperative pain medication, you will need to have it filled prior to the day of your procedure. If prescriptions are given on the day of surgery, the Norwalk Surgery Center does not have the ability to fill them.
- Remove all makeup, nail polish, jewelry, and contacts. If you must wear contacts, please bring your storage case for use during surgery. **Be aware-** the presence of artificial nails increases the risk for post-operative infections.
- Do not wear any metal or jewelry anywhere on your body. This includes hair pins, piercings and toe rings.
- Leave all jewelry, cash, electronic devices and valuables at home. The Norwalk Surgery Center cannot be responsible for their safety.
- You may take a shower and brush your teeth the morning of your procedure but do not swallow any water.
- Bring a copy of your consent forms and an Advanced Directive if you have one.
- If you are having knee, ankle, or foot surgery, you may require crutches or other necessary equipment. The Norwalk Surgery Center does not provide them so please coordinate this purchase with your surgeon.
- Wear loose, comfortable clothing that can accommodate a bandage, cast, or other type of dressing where the procedure is being performed, if applicable. Keep in mind that our Center is always kept at a cooler temperature. During surgery, you will wear a patient gown provided by

the Center.

- If you are taking medication on a regular basis, please ask your Physician on which medications should be taken. Do not take any Aspirin or any medication containing Aspirin within one (1) week before and after surgery, unless otherwise instructed. **If you are taking blood thinners or Non-Steroidal Anti-Inflammatory Drugs (NSAIDS), such as Coumadin, Plavix or Ibuprofen, please consult your Primary Care Physician or Surgeon as some of these medications must be stopped up to one (1) week prior to the date of surgery.**
- If you are unsure of what medications to take the night before or morning of your surgery, please call our facility to speak with a Pre-Admissions nurse who will discuss with you which medications you should take. In addition, the nurse can discuss with you any other preparations for surgery, discharge plans, and your care needs at home.
- If you are diabetic and use insulin, please ask your doctor about pre-surgery insulin dosage.
- If you suspect that you are pregnant, please contact your Primary Care Physician or Surgeon. Anesthesia and medication may be harmful to the developing fetus.
- Discharge instructions will be provided and reviewed with you by a nurse prior to discharge.
- **Arrange for a responsible adult to accompany you to the center, receive discharge instructions, drive you home and stay with you for the first night following surgery.**

*If you have any other questions about getting ready for your procedure, please feel free to call us.*

## **PRE-OPERATIVE INSTRUCTIONS FOR PEDIATRIC PATIENTS**

- We do welcome both parents of pediatric patients.
- Parents of children absolutely cannot leave while their child (minors <18 years old) is at the facility. One parent may accompany their child (<12 years old) to the operating room per anesthesia. A nurse will walk the parent back to the pre-op area and then escort both parent(s) to the waiting area. A parent or legal guardian must remain in the facility while their child is under our care.
- Do not eat or drink anything (including water, gum, mints, hard candy) after midnight the day of surgery or within eight (8) hours, unless you are instructed otherwise by your surgeon. Undigested food in the stomach can cause complications and your surgery may be postponed or cancelled.
- If your surgeon writes a prescription for antibiotics or post-operative pain medication, you will need to have it filled prior to the day of your procedure. If prescriptions are given on the day of surgery, the Norwalk Surgery Center does not have the ability to fill them.
- Please bring a bottle or sippy cup if your child does not drink from a cup.
- Feel free to bring a favorite stuffed animal or blanket.
- If your child is taking medication on a regular basis, please ask your child's Pediatrician on which medications should be taken. If you are unsure of what medications to take the night before or morning of your surgery, please call our facility to speak with the Pre-Admissions nurse who will discuss with you which medications you should take. In addition, the nurse can discuss with you any other preparations for surgery, discharge plans, and your care needs at home.
- When your child reaches the recovery room, parents will be called in as soon as possible.
- Discharge instructions will be provided and reviewed with you by a nurse prior to discharge.

*If you have any other questions about getting ready for your procedure, please feel free to call us.*

## DAY OF SURGERY

- On the day of surgery you should arrive at your scheduled appointment time which will be provided to you by The Norwalk Surgery Center's business department two (2) business days prior to your surgery date. **It is important that you arrive at the surgery center on time.**
- Please bring a government issued photo ID such as a driver's license. Minors do not need ID but the primary insured party does need theirs.
- Please remember to bring your current insurance card or any other pertinent insurance information and accepted method of payment for any money due at the time of registration.
- Different staff members may ask the same questions. The receptionist who checks the patient in asks several questions, as does the admitting nurse and the anesthesiologist. These questions may be the same or similar and this may seem tedious, but the information must be checked and double-checked to avoid errors and omissions.

## AFTER SURGERY

- After your procedure, you will be moved to our facility-equipped recovery room where the anesthesiologist and our recovery room nurses will observe you closely until you are ready to go home.
- The time a patient stays in the recovery room will vary depending on the procedure performed and the physician's instructions, but typically most patients are discharged within one to two hours after their procedure.
- Your Surgeon will provide post-operative instructions about diet, rest, exercise, and medications which will be reviewed with you by a recovery room nurse. The Norwalk Surgery Center will provide you with a written summary of these instructions before you are discharged. We suggest that you pamper yourself for the first 24 hours following your procedure.
- If you had anesthesia and/or pain medications, arrange for an adult to remain with you at home for at least 24 hours. Since it is normal to feel drowsy after receiving an anesthetic, we also recommend that you postpone these activities for 24 hours after discharge:
  - Driving and operating equipment
  - Signing important papers
  - Making significant decisions
  - Drinking alcoholic beverages

*If you have any unexpected problems, please call your doctor. A nurse from the Norwalk Surgery Center will attempt to call you the next day to check your progress and discuss any questions you may have.*