



Pre-Operative Instructions

Our goal is to provide you with outstanding patient care. To achieve this, we request your patience. As with any surgery, unpredictable situations may occur that result in procedures taking longer than anticipated. We encourage you and your escort to not schedule any other commitments on the day of surgery. We appreciate your understanding and apologize for any delays in our schedule.

Minors

- Patients age 17 and under are required by law to be accompanied by a parent/legal guardian.
- In order to provide your child the safest, most comfortable and efficient care, we do not permit parents in the surgery room during the procedure.

Medications

- Any medications prescribed by the doctor will be called in to the pharmacy of your choice on the day of your surgery appointment and should be taken as directed. If you would like for your prescriptions to be called in before surgery please let us know. Do not take aspirin or any aspirin-containing medications (Excedrin®, Alka-Seltzer®) for 1 week prior to surgery unless otherwise instructed by a physician, as they can cause prolonged post-operative bleeding. If you do take these medications, please check with your physician to confirm it is OK to stop before surgery.
- Patients who are required by their physician to take an antibiotic due to reasons such as a heart murmur or heart valve/joint replacement must follow the prescription instructions very carefully. **Failure to do so could result in serious consequences.**
- Patients should continue taking any prescription medications as prescribed by their physician unless otherwise instructed.

Recovery

Each patient's recovery varies based on the individual and the type of procedure. Please make sure to make appropriate arrangements to be off school or work.

Consent Forms

Consent forms will be provided to you on the day of your consultation. The purpose of the forms is to help you understand the treatment that has been recommended and the potential risks involved. We ask that you read the consent forms thoroughly. Place your initials next to each number. This gives the doctor your authorization to perform the procedure. **For minors (patients age 17 and under): a parent or legal guardian is required by law to complete and sign the consent forms.**

Copayment

On the day of the consultation, you will be provided with a proposed treatment plan. The proposed treatment plan provides you with a detailed breakdown of the planned procedure and fees. The co-payment will be due at the time of services rendered. Please note the co-payment requested on the day of the procedure is only an estimate of what your out-of-pocket responsibility may be. We recommend you contact your insurance prior to surgery and verify your insurance benefits.

General Anesthesia (Going to Sleep)

Patients going to sleep are required to observe the following:

- Do not eat or drink anything for 8 hours prior to surgery. This includes water, coffee, tea, and juice.
- Continue taking all medications prescribed by your physician with a sip of water unless otherwise instructed.
- Wear clothing with loose-fitting sleeves. Short sleeves are preferred, long sleeves are OK as long as they are loose.
- Try to minimize jewelry on the head, neck, or wrists. This includes earrings and facial piercings.
- Do not wear fingernail polish, gel, or acrylic fingernails as they interfere with our ability to measure your oxygen levels during surgery.
- Avoid smoking, alcohol, and any illicit drug use for at least 24 hours prior to your surgery.
- A responsible adult must accompany you and present with you to our office before the procedure.
- A responsible adult must be present to care for you during the first 12 hours following surgery.
- It is important for your lungs to be as clear as possible prior to surgery. If you have a productive chest cold or chest congestion of any kind, please advise our office well in advance of your surgery. In some cases, an appointment change may be necessary to ensure your safety.

Nitrous Oxide (Laughing Gas)

Patients receiving nitrous oxide are required to observe the following:

- May eat a light meal up to 2 hours prior to surgery.
- Take any prescribed pre-medication(s) with sips of water 1 hour before the procedure unless otherwise instructed.
- Continue taking all medications prescribed by your physician with a sip of water unless otherwise instructed.

Local Anesthesia (Numbing Medicine)

Patients receiving local anesthesia are **not** required to fast. However, if you are unsure and there is any chance you may choose to go to sleep, please follow the general anesthesia instructions.

Post-Operative Diet

You may want to prepare and have some of these suggested foods ready.

It is IMPORTANT to increase fluid intake after surgery, preferably clear juices or water.

Post-operative diet should be limited to cool foods (on the first day) and soft foods. Suggested foods:

- Pastas, such as spaghetti or macaroni
- Breakfast foods such scrambled eggs or pancakes
- JELL-O®, pudding, ice-cream, milkshakes

Insurance

We will gladly file all claims to your insurance company on your behalf. Claims generally take 30 days to be processed and paid. Most plans will send you an Explanation of Benefits, or EOB, which provides you with a breakdown of how the claim was paid according to your benefits coverage. While we are committed to helping you throughout the process, it is ultimately your responsibility to ensure your claim is processed and paid with your insurance company.