



## SOUTHERN NEW MEXICO

SURGERY CENTER

2301 Indian Wells Rd. Suite B

Alamogordo, NM 88310

p. 505.437.0890

### **A CHECKLIST BEFORE YOUR SURGERY**

- Complete the Patient Health Screening
- If you have a advanced directive that you would like to have in your medical records, please bring a copy
- Call your physician immediately if you notice a change in your health between the time you saw your surgeon and the day of your procedure.
- Education yourself expected post op pain
- Drink extra fluids the day before the surgery
- Refrain from smoking or consuming alcoholic beverages 24 hours prior to procedure
- Eat a light dinner the evening before your surgery. **DO NOT EAT ANYTHING AFTER MIDNIGHT. FOLLOW THE EATING, DRINKING, AND MEDICATION INSTRUCTIONS** provided by your nurse or physician.
- Wear loose, comfortable clothing (i.e. post op clothing that fits over dressings, slings, etc.).
- Take a shower prior to your procedure
- **HAVE A RESPONSIBLE ADULT ACCOMPANY YOU TO THE CENTER AND DRIVE YOU HOME FOLLOWING YOUR SURGERY. YOUR SURGERY CANNOT PROCEED WITHOUT YOUR COMPANION.**
- Before you leave, bring directions to the center and the phone number
- Bring your medical insurance cards/co-pays.
- Take morning cardiac/blood pressure medication with a sip of water
- Bring a current list of medications that you take regularly.
- Hold oral diabetic medication
- **DO NOT** take insulin as ordered
- Hold diuretic medication
- Bring inhalers if asthmatic
- If the patient is taking blood thinners, confirm they have been stopped according to primary care/cardiologist instructions
- Bring containers to store your contacts, eyeglasses, hearing aid, etc.
- Bring post op equipment (i.e. crutches, braces, O2 if used at home, etc.)
- Do not bring jewelry or other valuables, including wedding bands or body piercing.
- Do not wear makeup, hairpins, nail polish, body powder, or contact lenses if possible.
- For children: bring child's favorite toys, blankets, bottles, sippy cups, diapers