

WELCOME TO THE SURGERY CENTER OF FAIRBANKS

Name: _____ Date of Surgery: _____
Time of arrival: _____ am _____ pm

- **PRE-REGISTER:** Please call the Surgery Center **TODAY** to make an appointment to pre-register at 907-458-7263
- **PRE-REGISTRATION APPOINTMENT :** Be sure to bring:
 - Insurance card
 - Insurance policy and group number
 - Identification/Driver's license
 - Preauthorization number
 - Social Security number
 - Packet and all contents (please fill out all enclosed forms completely)
- **DAY BEFORE SURGERY:** stay well hydrated by drinking plenty of water.
- **DAY OF SURGERY:** be sure to bring:
 - Identification/Driver's License

SPECIAL INSTRUCTIONS

- **DO NOT EAT OR DRINK AFTER MIDNIGHT.** This includes coffee, tea, water, gum and mints. Your surgery will be cancelled if you eat or drink.
- **DO NOT** smoke the day of surgery.
- **MEDICATIONS:** You may take your heart, blood pressure and stomach medication per your normal schedule with a sip of water, even if it is the day of surgery.
- **DO NOT TAKE:** anti-inflammatories, vitamins or herbal medications including: aspirin, ibuprofen, Motrin, Advil, Aleve, Nuprin, etc.
- If a special prep or medication has been prescribed by your physician for use prior to your surgery, please follow the instructions closely.
- All valuables must be left at home. This includes jewelry, body piercings and money.
- You may want to bring something to read while waiting for surgery.
- Contact lenses must be removed before surgery. Please bring your lens case and solution or wear glasses and bring your glasses case.
- You may brush your teeth, bathe and shower before coming to surgery, but do not put on make-up (especially eye makeup) or lotion and remove fingernail polish.

You MUST have someone over the age of 18 to drive you home and be with you after surgery for 24 hours.

CHILDREN MAY:

Have breast milk **4 hours before** surgery

Finish 8 ounces of clear liquids* **2 hours before** surgery

Eat a light diet **6 hours** before surgery

Bring a special item for comfort

Children may **NOT** be left **unattended** in the waiting room

Parents of children having surgery **must stay** in the Surgery Center for the entirety of their child's stay.

**clear liquids include ONLY water, plain jello, popsicle, clear broth, strained apple juice, coffee or tea (without milk)*

YOUR RECOVERY AT HOME:

- Follow your doctor's instruction about diet, rest, wound care and medications.
- For the next 24 hours, you **MUST NOT:** Drive an automobile or operate machinery,
- **DO NOT** drink alcoholic beverages including beer, smoke, return to work, sign important papers or make important legal decisions.