

# Pain Management Procedures at Surgery Center Information

**It is very important that you read these instructions now and again before arriving at your appointment:**

1. Take your usual medication the morning of the procedure with a small sip of water, except for the following:
  - a. **Aspirin** This should be stopped at least 5 days before your procedure.
  - b. **Coumadin** Check with your prescribing physician as to when this medication can be discontinued, and resumed. (We recommend 4-5 days prior to your procedure)
  - c. **Anti-inflammatories** These medications (Naprosyn, Alleve, Ibuprofen, Motrin, Advil, Mobic) should be stopped 5 days prior to your procedure. Celebrex, Tylenol, Ultram, and Ultracet do not have to be discontinued.

Should you have any questions regarding medications that you are currently taking, please contact our office *before your procedure*.

2. For **all procedures**, we require that you **do not consume any food or beverages**, including water, coffee, or tea for 10 hours before your procedure. If you need to take medications you may do so with a small sip of water.
3. Bathe or shower the morning of the procedure to minimize the chance of infection.
4. Remove all make-up, nail polish and jewelry. Leave all valuables at home. We also suggest you wear casual, comfortable, loose fitting clothing.
5. Arrange for an adult to drive you home, and stay with you for first day after your procedure.
6. If you suspect that you are pregnant please notify your physician prior to your appointment. Anesthesia medications may be harmful to the developing fetus.
7. Please bring your insurance cards and picture ID to your appointment.

## **What to expect when you arrive at the surgery center:**

On the day of your surgery you should arrive at the center one hour before your scheduled appointment to allow time for admitting and pre-operative preparation. You will be asked to sign a consent for treatment form, which acknowledges your permission for the physician and the facility to care for you.

Please be sure to arrive promptly at the time instructed by our office. The surgery center will contact you prior to your appointment to take a brief medical history, and answer any questions you might have.

**What to expect after your procedure:**

After the surgery you will be moved to a recovery room, where you will remain under close observation by a nurse until you are ready to go home. The length of time you will need to spend in recovery will be decided by your provider.

Your physician will provide post-operative instructions for care before you are allowed to go home. We suggest that you pamper yourself for 24 hours following your procedure, and arrange for someone to be with you during this time.

Since you can be drowsy after the procedure we also recommend that you postpone the following activities for 24 hours:

- Driving and operating equipment
- Signing important papers
- Making significant decisions
- Drinking alcoholic beverages

If you have unexpected problems please call your physician. A nurse from the surgery center will contact you following your procedure to check your progress, and answer any questions you might have.

Any other question regarding your procedure can be directed to our office at 303-238-4277