



DAY OF SURGERY AND UPON YOUR ARRIVAL

Please do not eat or drink anything after 12 midnight, the night before your surgery. This includes water, ice, candy, mints, or gum. You also should not smoke after midnight. You may brush your teeth and rinse with water or mouthwash, but do not swallow any water. **Your surgery will be cancelled if this instruction is not followed.**

You can take the following medications on the morning of surgery: blood pressure, heart, asthma, thyroid, seizure, transplant, anxiety, multiple sclerosis or Parkinson's disease medications, as well as antidepressants and chronic pain medications/patches, with a small sip of water *only*. Please use your inhaler(s) if usually used in the morning hours to optimize your lungs, and bring them to the hospital with you. Check with your surgeon and primary care physician before taking any other medications on the day of surgery.

Do not take any diuretics (water pills), vitamins, supplements or herbal preparations the morning of surgery unless specifically instructed to do so by your doctors. If you have diabetes, **please speak with your primary care physician or endocrinologist regarding your diabetic medication** for the day of surgery. Remember you will not be eating after midnight, no breakfast or any fluids on the morning of surgery.

You will be asked to remove the following personal items prior to surgery: dentures, partial plates, contact lenses, eyeglasses, hair clips, and bobby pins. If you have long hair you may use a scrunchie to tie up hair. Do not wear any jewelry, body piercings or dermal anchors to the hospital regardless of where they are on your body. If you wear contact lenses, please wear glasses that day if possible or bring your own lens containers. Your contacts must be removed before going for your surgery. Do not wear eye makeup. Remove nail polish, and gel manicure or artificial nails if surgery is being performed on your hands or feet. **Failure to comply with these requirements may result in the cancellation of your surgery.**

May I drive after surgery?

When you receive general anesthesia or intravenous sedation, you must have a responsible adult 18 years or older drive you home. A taxi driver does not meet these criteria unless you are also accompanied by a friend or family member. You may risk cancellation if you are unable to comply with this. You should have a responsible person stay with you for the first 24 hours after your surgery. Some types of local surgery on the hands, feet, or eyes may also require you to have someone drive you home. Your ride should be available to pick you up when we call. You will not be able to drive for 24 hours and will need instructions from your surgeon as to when

you can resume this activity. Please provide a contact number where your ride can easily be reached.

What is your visitor policy for the day of surgery or procedure?

While you are being checked into the pre-operative area, you may have one adult visitor at a time at your bedside. This allows us to better prepare, educate, and focus on your needs.

Children who are patients may have both parents at the bedside. To ensure the health of all our patients, all family members and visitors should be free of cold or flu symptoms. Once you have gone into surgery, your visitor may wait in the Surgical Waiting area. Your surgeon will contact one designated person at your request. If your family member/visitor plans on leaving the waiting area, please provide your nurse with a phone number where he or she can be reached. Siblings of pediatric patients and anyone under the age of 18 are not allowed in the pre-operative area. Children under the age of 18 must be in the care of an adult and cannot be left unattended in the hospital. **Family and visitors of patients staying overnight** can obtain assigned room numbers and visiting information at the Surgical Waiting area.

Where do I report to when I arrive?

Please be on time, allowing extra time to park and walk in. If your surgery is scheduled at the main campus of The Valley Hospital in Ridgewood, please report to the Patient Access Center, an office located on the first floor directly behind the front lobby desk. The staff will direct you where to go from there. If your surgery is scheduled at the Luckow Pavilion in Paramus, please report to the third floor registration area. There is free valet parking at the front door at both campuses.

Why do I need to be in the pre-operative area ahead of time, and what happens there?

Patients having a procedure with only local are asked to arrive 30 minutes prior to your procedure, anesthesia patients for the main hospital campus in Ridgewood are asked to arrive 2 hours before your surgical time, and patients for the Luckow Pavilion campus in Paramus are asked to arrive 1 1/2 hours before your surgical time. **It is extremely important to be on time.**

Before your surgery, a nurse will check your temperature, blood pressure, and pulse. Highlights of your medical history and allergies will be reviewed. There may be other treatments your surgeon has ordered such as starting an IV and giving you any necessary medications prior to surgery. Your anesthesiologist will visit you before your surgical procedure to explain the type of anesthesia you will receive, how it will be administered, and answer any questions you may have. Also the operating room nurses will visit you and explain what to expect. **This is why it is necessary to arrive on time.**