

Information for Patients and Families



Pre-Anesthesia Instructions (Lone Tree Ambulatory Surgery Center)

You are scheduled for surgery or a procedure on: _____

Your doctor's name is _____

Time of surgery: On the afternoon before your surgery (2-4 p.m.) call 720-553-1402 to find out the time of your surgery or procedure. If your surgery or procedure is on a Monday, or following a Monday holiday, call on the previous Friday afternoon (2-4p.m.)

Time of surgery: Three to four business days prior to your surgery, you will be contacted by the Surgery Call Center to give you your surgery and arrival times and review your Pre-anesthesia instructions. **NOTE:** If we are unable to contact you by 12 p.m. (noon) the **business** day before your surgery, please follow the directions above to find out the time of your surgery or procedure.

Where to report: On the day of your procedure or surgery, report to Day Surgery and Procedure Check-In at the Lone Tree Ambulatory Surgical Center. The address is 9218 Kimmer Drive, Suite 101, Lone Tree, CO 80124

If you become ill prior to your surgery (cold, fever, upset stomach, etc.) or if you have questions, call 720-553-1402. Ask for a pre-assessment nurse.

Instructions before Surgery:

Do not take in any solid food or milk and creamer products after **midnight** the evening before your surgery or procedure, unless otherwise instructed.

Up until **4 hours before** your surgery or procedure, you may continue to drink **ONLY** clear liquids. **The ONLY acceptable clear liquids** during this time include:

-Water -Sodas or Gatorade® - 8 ounces of **BLACK** coffee or tea (no milk, creamer or non-dairy creamer)

- Juices – apple, cranberry – anything you can see through (without pulp), **No orange juice!**

Starting **four hours before** your surgery time, stop all liquids. This includes chewing gum, or sucking on hard candy.

TAKE only the medication you have been instructed to take:

DO NOT smoke, chew tobacco, or use any recreational drugs the day of your surgery.

For ANY prescription medications not prescribed by us please call the prescribing physician prior to surgery for instructions up to surgery date.

*******Stop all aspirin and anti-inflammatories 7 days prior – Tylenol is OK up to surgery**

If a knee procedure – bring a pair of crutches

Please follow these instructions strictly. This will avoid unnecessary discomfort, delays, or possible cancellations for yourself (or your child), during and after your surgery or procedure.

Other Special Instructions

- **You must have a responsible adult to take you home and stay with you overnight.** This should be a friend or family member. They are welcome to wait in the waiting room during surgery.
- Driving a car, operating machines or appliances, making major decisions or ingestion of alcohol should be avoided for 24 hours after having anesthesia.
- A bath or shower is highly recommended the night before or day of your surgery or procedure. This is to help decrease the risk of infection.
- Wear clothing that will be comfortable and easy for you to put on following your procedure.
- Please bring your **insurance card** and a **photo ID**. Also bring your **pharmacy card**, if you have one.
- Please only bring enough money to pay for your copay.
- Please bring a list of your current medications with doses, times, and the reason you are taking them.
- **DO NOT** bring jewelry, hairpieces, contact lenses, etc. Bring a case for your glasses or hearing aids if you wear them.
- **DO NOT** wear make-up, perfume, or lotion, especially on your face or the surgical site.
- Our schedulers will contact your insurance company for verification. If you want to know if you have a co-pay and how much it would be, just call your insurance company.
- Please find more information about anesthesia and your surgery on our website: www.uch.edu Click on “Your Visit” along the top, and then “Preparing for Surgery” along the side.

720-848-8200 – Sports Medicine Main Line

720-848-8200 “2” – Sports Medicine Clinic Nurse Line

720-848-0000 – Hospital Operator (call **after hours & weekends** if you need the Ortho resident)