

PATIENT INSTRUCTIONS FOR SURGERY

• **ARRIVAL TIME FOR SURGERY**

Please call 914-366-3535 between 1 to 6 P.M. the day before your surgery (call on Friday for Monday surgery) for hospital arrival time.

• **FASTING REQUIREMENTS**

DO NOT EAT OR DRINK ANYTHING AFTER 12 MIDNIGHT THE NIGHT PRIOR TO YOUR SURGERY (THIS INCLUDES WATER, CHEWING GUM, AND ICE CHIPS). No alcoholic beverages 24 hours prior to surgery (this includes wine and beer). You may brush your teeth and rinse your mouth.

• **MEDICATIONS**

On the day of your surgery, you may take the medications that your doctor or nurse advised with a sip of water. PRODUCTS THAT CONTAIN ASPIRIN OR NSAIDS SUCH AS MOTRIN, ALEVE, IBUPROFEN, AS WELL AS HERBAL DRUGS, SHOULD BE DISCONTINUED 7 DAYS BEFORE YOUR SURGERY. You may take Tylenol. If you are using inhalers, bring them with you. If you take medication for diabetes or blood thinning, consult your medical physician for instructions.

• **WHAT TO WEAR AND BRING TO THE HOSPITAL**

Wear loose, comfortable clothing to the hospital. Do not wear make-up. Leave all jewelry, money, wallet, credit cards, etc., at home. All body piercing jewelry must also be left at home. Remove nail polish if you are having surgery on your arm or leg. If you are staying overnight in the hospital, bring a robe, slippers, and toilet articles. If you wear dentures, glasses, contact lens, hearing aids or a prosthetic device, you will be asked to remove them before surgery.

• **WHERE TO REPORT**

On the day of your surgery, report to the first floor Admitting Office and sign your name on the board. **You will be processed in the order of the surgical schedule.**

• **IF YOU BECOME ILL BEFORE YOUR SURGERY**

Call your surgeon immediately if you develop a cold, fever, rash or flu-like symptoms. This may result in rescheduling of your surgery.

• **INSURANCE**

Call your insurance company prior to admission to inquire about pre-certification, authorizations, second opinions or co-payment requirements. If applicable, bring in your co-payment. If you have any questions about your insurance, call the Business Office at 914-366-3129 between 8:30 AM to 4:30 PM Monday through Friday.

• **VISITORS**

Visitors are limited to 2 at any time. The Operating Room Family waiting room is located on the third floor.

• **TRANSPORTATION HOME**

You **MUST** have an adult responsible for your care to drive you home at the time of discharge. **YOU MAY NOT DRIVE YOURSELF HOME.** Failure to have a ride home will result in cancellation of your surgery.

I confirm that I have read and fully understand the above items. I have had an opportunity to ask questions and all have been fully answered. I have received a copy of this form for my records.