



Patient Instruction Sheet - Adult

You will be receiving intravenous medications during your operative procedure. It is therefore very important that you adhere to the following instructions. If there are any questions, please don't hesitate to call for further directions: (316) 788-5939.

- 1) No food for **eight hours** prior to your procedure. You may have clear liquids (doesn't include milk) up to **three hours** prior to your procedure.
- 2) Wear comfortable clothing , preferably a shirt or blouse with short sleeves.
- 3) Remove fingernail polish from at least one fingernail on each hand.
- 4) Arrange for transportation from surgeon's office to your home.
- 5) After your surgery, wait until the next day before engaging in any activity in which a decrease in alertness, judgement, or coordination could cause a problem (including driving).
- 6) After surgery, you may take pain medication as directed by the surgeon. However, avoid alcohol post-operatively for 24 hours.
- 7) Arrange for adult assistance for at least 12 hours after surgery.

I have read the above instructions, they are clear to me, and I agree to comply.

Patient

Signature of patient or responsible party

Please bring this form with you to the surgeon's office on the day of surgery. Your cooperation will enhance the safety of this procedure, and is greatly appreciated.