hosc
HOUMA OUTPATIENT SURGERY CENTER

Houma Outpatient Surgery Center, *AAAHC ACCREDITED*

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PRE-OPERATIVE INSTRUCTIONS

PATIENT NAME _____

SURGERY DATE _____ SURGERY TIME _____

ARRIVE AT HOSC _____

1. On the days leading up to surgery, begin drinking lots of fluids (at least 8 glasses of water per day).
2. Do NOT eat or drink anything after midnight the night before surgery. Including NO water, NO gum and NO mints.
3. You must wear a BUTTON up shirt (or zip front shirt). Your top must open completely to the front. Wear loose, comfortable clothing. Pajamas are ok. No high healed shoes.
4. Do not wear any jewelry. This includes all body jewelry as well.
5. Do not wear any makeup.
6. Any nail polish on your finger nails needs to be light or clear in color.
7. Leave all of your valuables at home.
8. If you wear contact lenses, please remove them before coming to Surgeryplex. You may wear your glasses on the day of surgery, but please bring a case to secure them in.
9. You must have a responsible adult to receive your post-operative instructions and to give you a ride home. Also, someone must stay with you for the first 24 hours after surgery. Please do NOT bring any children to the surgery center on the day of surgery.
10. For at least one week prior to your surgery, do not take any aspirin or aspirin-containing products (Advil, Aleve, Ibuprofen, or Motrin). You may take Tylenol or Extra-Strength Tylenol.

_____ _____

Instructions given by Date Instructions received by Date