

Preparing for Your Surgery

You are scheduled for an upcoming surgery. Please follow all the instructions below to prevent your surgery from being cancelled.

Prior to Surgery:

- If Pre-Op was requested by another physician, you should hear from their office(s) to schedule. Your surgeon will need this Pre-Operative Clearance prior to your Surgery.
- STOP all Aspirin, Garlic, Fish Oil, Vitamin E, any other blood thinning agents, and any GLP-1 or SGLT 2 injectable medications, 7 days prior to Surgery.
 - If you don't stop taking, it may result in having to cancel and reschedule your surgery to the next available date.
- STOP prescription blood thinners 5 days prior to surgery (with permission from the prescribing physician).
 - If you don't stop taking, it may result in having to cancel and reschedule your surgery to the next available date.
- If you have received prescriptions from your doctor, please fill them before the day of surgery.
- Make sure you have informed us if you have had any reactions to contrast medium in the past.
- The Pre-Op Nurse will notify you of anything you should take the morning of your procedure.
- The Surgery Center/Hospital will call you prior to your surgery to let you know what time to arrive on the day of your surgery as well as the time of your surgery.

Day of Surgery:

- Do NOT eat or drink anything after midnight the night before your surgery.
 - Take no medications before your procedure unless you have been given instructions to do so. If you have, then take them with the smallest sip of water necessary to ingest them.
 - If you eat or drink after midnight, your surgery will be cancelled and rescheduled to the next available date.
- Do not bring any jewelry with you. All jewelry must be removed prior to the day of surgery, or your surgery could be canceled; this includes wedding bands, watches, earrings, necklaces, bracelets, and ankle bracelets.
- Remove all fake nails and nail polish.
- Shower the morning of surgery with an antimicrobial soap (such as Dial). You may be given a special soap to use. Do not apply creams, lotions, perfumes, colognes, make-up, or hair products after showering.
- Wear warm, loose, comfortable clothing.
- Wear comfortable low-heeled shoes.
- Bring your Advanced Directives (if you have), Insurance cards and Photo ID.
- Bring a current list of your home medicines and vitamins with you, indicating the last date/time you took them.



The Villages Health

- If you wear glasses, contact lenses, dentures, or a hearing aid and wish to have them with you during your Pre-Op and Post-Op procedure periods, that is permissible. Please bring containers for them so they can be stored during your procedure.
- You will need a driver to bring you home from your surgery. You will NOT be allowed to drive yourself home.

If you have any surgery scheduling questions, please contact your Surgery Scheduler. If you are having difficulties health related before or after your surgery, please contact the main number at (352) 674-8700. They will be able to help you reach the nurse's during normal office hours and the physician on call after hours.