



Welcome to the Connecticut Orthopaedic Surgery Center. This is a state-of-the-art outpatient surgical center that was designed, equipped and staffed to provide the highest quality surgical orthopedic care. To assist in preparing for this one-day procedure and to make your stay as comfortable as possible, we ask you to read these instructions and use the attached "Your Checklist" to write in the time of your surgery and any other instructions you may receive from the nurse. Please tear off the perforated "Your Checklist" and bring it with you. The nurse or staff will be asking you for it when you arrive for your surgery.

One Day Before Surgery (pre-admission call)

A nurse from the Center will call one day prior to surgery between the hours of 9:00 a.m. and 4:00 p.m. with your preoperative instructions and questions regarding your medical history. If we are unsuccessful making contact with you directly, we will leave a message. Please remember to check your messages. A member of the business office staff may also call you to review your medical benefit coverage and personal responsibilities.

Evening Before Surgery

- Do not eat or drink anything after midnight, not even water, unless otherwise instructed by the nurse.
- You should shower or bathe before coming to the surgery center.

Day of Surgery

- Wear loose/comfortable clothing that can be easily removed as you will be asked to change into a gown. If you are having hand surgery, please wear something with large, flexible sleeves.
- If applicable bring any crutches, slings, boots or other type of medical equipment that you have been given for post surgery use.
- Do not use cosmetics, make-up, nail polish or hair spray.
- Leave money and other valuables at home.
- Remove all jewelry, including body piercing. If not, the Center will ask you to remove them.
- Once you are at the facility, you will be asked to complete necessary paperwork, which includes authorization for the Center to release information to your insurance company. Be sure to bring a valid insurance card and a photo ID. If not available at the time of admission, a delay in your surgery or cancellation may occur. In the case of minors (under 18 years of age), a parent or guardian must accompany the patient.
- Please complete the attached "Your Checklist" prior to your pre-admission call.

In Preparation

- If required, you must schedule a physical examination with your Family Doctor before your surgery. We must have your physical examination and test results prior to your arrival. Please bring them with you unless your physician has taken care of this matter.
- Do not take any herbal or diet medications prior to surgery. It is recommended that you stop using these 2 weeks before surgery.
- Please check with your physician regarding any prescription medications you may take.
- You must make arrangements to be driven home by a responsible adult and must also have a responsible adult with you for the next 24 hours after surgery. If these arrangements are not made, your surgery may be postponed.
- Please inform your surgeon, if you have any special needs for your day of surgery.

YOUR CHECKLIST

Bring this with you when you arrive for Surgery

- My surgery is scheduled for _____
- I must arrive at _____
- I must not have any solid food after _____
- I must NOT have any clear liquids after _____
Clear liquids include: black coffee, black tea, any soda, broth, apple or cranberry juice, jello or water.
****Refrain from eating/drinking ANYTHING 4 hours prior to surgery****
- My allergies are: _____

- My medications and dosages are: _____

