

### **Pre- Operative Instructions**

- If you or your driver have a fever or respiratory symptoms, please contact the clinic office prior to day of surgery to reschedule your procedure.
- Effective 4/3/23, per WA Department of Health guidance, we strongly recommend that you and your escort wear a mask when in our surgery center.
- The day of surgery, your driver/responsible party **MUST** remain within 30 minutes of the surgery center and return promptly when called by the post-op nurse to receive discharge instructions and take you home.
- Please bring your insurance card and a valid photo ID.
- Wear loose comfortable clothes appropriate for your surgery.
- No jeans if having leg surgery. Wear a button up or oversized shirt for arm or shoulder surgery.
- Bring a copy of Advanced Directive if desired.
- Leave all valuable items at home.
- No make-up, hairspray, or jewelry. Remove ALL body piercings.
- Please do not wear any cologne or strong fragrance (including your ride home).
- Please wear glasses and bring a case for them. No contact lenses.
- If having a hand or foot procedure, No polish, artificial nails, acrylics, or gels on surgical hand or foot.
- For orthopedic procedures, bring crutches or walker if ordered, and leave in car. Bring your sling, brace, or post op boot or shoe, and/or ice machine pad, if applicable.
- If you have sleep apnea/breathing issues, bring CPAP and leave in car.
- If you have breathing issues, bring inhaler if applicable.
- If pediatric cases, bring toy or blanket if needed and Parent/Legal Guardian must remain in the facility at all times.
- See Eating and Drinking “NPO” instructions guidelines.