



2200 NE Neff Road Suite 100
 Bend, Oregon 97701
 Phone (541) 322-2395
 Fax: (541) 322-2370

Patient name: _____

Cascade Surgicenter Patient Pre-Operative Instruction Sheet

The following instructions are very important for a successful outcome of your surgery. Have it handy when the pre-op nurse calls you, so you can fill-in the blanks. Please follow these instructions closely and call the pre-op office at 541-322-2397 if you have any questions.

- A nurse will call you with your arrival time one business day prior to your surgery, between 12:00 and 4:30 p.m. Please call (541) 322-2395 if you have not heard from us by 4:30 p.m.
- Do not eat or drink ANYTHING after midnight. Do not chew gum, candy, or use tobacco or tobacco products (chew) on the day of surgery.
- You may brush your teeth and rinse your mouth any time prior to surgery (swish and spit out water without swallowing).
- If your surgery requires crutches or walker after your procedure, please leave in car or bring in with you for training purposes (a nurse will arrange crutch training during the pre-op call).
- Bring the following items related to your surgery: _____.
- OK to take the following medications with a sip of water on the day of surgery:
_____.
- Do not take the following medications on the day of surgery: _____.
- Please bring the following items if needed: insulin, snack if you have a gluten allergy, asthma inhaler, pacemaker or cardiodefibrillator records.
- We are located on the lower level of THE CENTER. Please park in the underground parking lot area (accessed from the west side of the building; go down ramp). Come through doors on underground level. The check-in desk is located on the left side of the waiting room.
- Please notify **Cascade Surgicenter** at 541-322-2395 or call your surgeon at 541-382-3344 if you develop a sore throat, fever, or illness. This is an elective procedure and your surgery could be cancelled if you are ill.
- **You MUST arrange for an adult to drive you home and to stay with you through the entire night (preferably for 24 hours), or your surgery will be cancelled.**
- Bring hearing aid(s), glasses or contact lenses and supplies/cases.
- Limit family members: 1 for adults and 2 for children
- Wear loose fitting, comfortable clothing, and wear bottom underwear.
- Leave a pillow and blanket in your car for ride home.
- Bring driver's license or photo ID, insurance card, and co-payment. Leave all other items of value at home (i.e. jewelry, cash, credit cards).
- Do not wear perfume, cologne, jewelry, or makeup on the day of surgery. Please shower prior to arrival.