

## SURGERY CENTER OF POTOMAC

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Patient Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Pt Contact # \_\_\_\_\_ Person Notified: \_\_\_\_\_

### **GENERAL INSTRUCTIONS**

- Bring Picture ID with Current Address.
- Bring Insurance Card (for possible specimens sent out/to verify ID).
- Please shower and wash hair the morning of the Surgery.
- Wear loose fitting comfortable clothes (button front/zip front).
- Remove all jewelry and metals. Leave Valuables at Home!
- All piercings must be removed prior to surgery (waivers if necessary).
- NO Contact lenses, Lotions, Make up, Perfumes, or hairsprays!
- You may bring a snack or something to drink post operative.
- Children under 10 are not allowed at the Surgery Center. Please make other arrangements for your children.
- Patients 18 and under must be accompanied by a parent or Legal Guardian
- A responsible adult should accompany the patient for 24 hours following surgery.
- **If you want more information about pre-op/post-op surgery instruction, or patient Bill of rights visit our Website [www.surgerycenterofpotomac.com](http://www.surgerycenterofpotomac.com)**

Name of individual accompanying patient: \_\_\_\_\_

Contact # for this person: \_\_\_\_\_

### **INSTRUCTIONS FOR EATING PROPR TO SURGERY**

- **DO NOT** Eat After Midnight
- **DO NOT** Chew gum or eat candy including hard candy and breath mints the day of the surgery.

### **MEDICATION INSTRUCTIONS**

- Do you have your Rx's Yes \_\_\_\_\_ No \_\_\_\_\_
- Do you have any allergies Yes \_\_\_\_\_ No \_\_\_\_\_ If Yes explain \_\_\_\_\_
- **DO NOT** take oral hypoglycemics and/or Diuretics the Morning of Surgery.
- All other Blood Pressure, Cardiac and Respiratory Medications should be taken per your normal routine the Morning of the Surgery with a small sip of water.
- Please Bring your inhaler if applicable
- Discontinue the use of ALL HERBAL PRODUCTS- TWO WEEKS PRIOR to your surgery. ( This includes Green tea , Fish oil, and Ginkgo Biloba)
- Discontinue the use of ALL medicines containing aspirin, Ibuprofen, Advil, Motrin, TWO WEEKS PRIOR to surgery.
- Call your family physician regarding instructions for insulin and anticoagulant therapy.

**THE SURGERY WILL BE AT 3203 TOWER OAKS BLVD, ROCKVILLE MD, 20852. PLEASE CHECK INTO THE OFFICE ON THE 1<sup>st</sup> FLOOR THE MORNING OF THE SURGERY.**

Specific Surgery: Approximate Length of time for surgery and recovery is \_\_\_\_\_

\*Dr Tattelbaum's Abdominoplasty Patients Should wear appropriate Underwear/ Bikini Bottoms, NO THONG UNDERWEAR.

RN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_