



Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

## Pre and Post Op Care Instruction- Minor Surgery

We at Glacier Surgical wish you a quick recovery from your procedure! The best way to do so is to follow the pre- and post-operative regimen described below. These will help guide you in preparing for your surgery and what to expect after.

### Preparation for Surgery:

- The hospital/surgery center will call you the day before to tell you what time to arrive.
- Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. **You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).**
- Please arrive at the facility 1 ½ hours prior to your scheduled surgery time, unless told otherwise by the facility staff.
- Wear loose comfortable clothing.
- **DO NOT WEAR** any jewelry, makeup, lotions, or fingernail polish. Any rings that are too snug to be removed should be removed by a jeweler and left at home. Any hidden piercings or studs should also be removed and left at home.
- Please take the following medications the morning of surgery

\_\_\_\_\_

- Please stop the following medications on \_\_\_\_\_.

\_\_\_\_\_

\_\_\_\_\_

### Preoperative Fasting Guidelines

Type of food and drink	Use Hospital Arrival Time Minimum Fasting Period (hours)
Clear liquids Medications with a sip of clear liquid as prescribed	2 hours
Light meal Non-Clear Juices/Drinks Non-human milk	6 hours
Regular meal (may include fried or fatty food and meat at patient's discretion)	8 hours

#### Definitions:

- 1) Clear liquids: water, clear fruit juices such as apple juice or white cranberry juice (without pulp), plain tea, black coffee (no cream or milk added), clear, electrolyte-replenishing drinks such as Pedialyte®, Gatorade®, or Powerade® or carbonated beverages.
- 2) Light meal: one that is easy to digest and has few calories; foods which are low in fat and protein content
  - a. Acceptable foods: toast, crackers, fruit, broth, apple sauce
  - b. Foods NOT acceptable: fatty or fried foods, meat, cheese, and high fat dairy products.

**Shannon Gulley, M.D., F.A.C.S. • Kaitlin Peace, M.D., F.A.C.S**

425 East Dahlia Ave., Suite J, Palmer, AK 99645 • Phone 907-746-1520 • Fax 907-746-1521

#### After Surgery:

- Please ensure that you have a friend or family member to drive you home after your procedure.
- You may experience pain around the incisions. This is often treated with over-the-counter medications and occasionally pain medication will be prescribed.
- Swelling and discoloration is normal and will disappear.
- Showering is allowed the day after surgery. There may be surgical glue or steri-strips on the incisions that will fall off on its own. It is also possible to have external suture that may need to be removed in the office.
- No soaking or submerging under water (Baths, Hot Tubs, Pools, etc.) for one week.
- Refrain from covering your incisions with any sort of cream.
- There are no formal diet restrictions after your surgery.
- It may take anywhere from one to five days to pass a bowel movement. Taking a stool softener can help with this.

#### Driving and Work:

- You may drive after you are off narcotics/muscle relaxer medications.
- Most people can return to work within a few days to a week, your physician will discuss this with you.

#### Physical Activity:

- Lifting restrictions are dependent on how extensive of a surgery you had, and your physician will discuss this with you.
- Soreness is normal. You will also feel fatigued and easily drained for a couple of weeks.

#### Call Your Doctor If...:

- You break a fever over 100 degrees Fahrenheit, or uncontrollable shaking and chills.
- You feel pain that does not subside over a long period of time.
- You experience redness, excessive heat, or pus draining from your incisions.
- You have nausea or an inability to drink fluids that does not go away.

I have read and understand the above instructions.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient/Guardian

**Shannon Gulley, M.D., F.A.C.S. • Kaitlin Peace, M.D., F.A.C.S**

425 East Dahlia Ave., Suite J, Palmer, AK 99645 • Phone 907-746-1520 • Fax 907-746-1521