



# Newport Center for Special Surgery

1401 Avocado Avenue, Suite 101  
Newport Beach, CA 92660

Phone: 949-644-8182  
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## Preoperative Instructions

Patient Name \_\_\_\_\_

Arrive at \_\_\_\_\_ AM  PM on Day: \_\_\_\_\_ Date: \_\_\_\_\_

Your surgery is scheduled for \_\_\_\_\_, however, unforeseen circumstances may result in delays.

You must have someone with you to drive you home. You must have a responsible person with you the rest of the day of surgery and also during the night. You should not drive a car for 24 hours following surgery.

You should wear loose, comfortable clothes, and socks. Do not bring a large amount of money or wear any jewelry. Do not wear make-up, particularly mascara, the morning of surgery. You should wear your glasses instead of contacts. Remove nail polish from one finger of each hand. Contact this center or H. Rand Scott, M.D. at **949-644-8182** with questions.

## Food Instructions

You have a medical condition (such as heartburn, reflux, hiatal hernia, and prior GI surgery) which requires for safety, you have **nothing to eat or drink after midnight** before surgery.

You should have a light, low fat meal the evening before surgery. You may have no solid foods to eat, and no milk to drink after midnight the night before surgery. You may however, have water, apple juice, tea, black coffee, or any clear, non-carbonated beverage, from midnight up until three hours before the time of surgery.

## Medication Instructions

1. Medications that **should** be taken the morning of surgery with a small sip of water include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Medicines that should **not** be taken include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***\*Bring all your medications with you the day of surgery.*** Diabetics should not take any insulin on their day of surgery until they have arrived in the surgicenter and have been instructed to do so.

3. Other instructions.

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Date	Signed	M.D.
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