



Northwest Medical Center - Springdale: Patient Instructions for Surgery

1. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** the night before your surgery. This includes NO gum, candy, mints, water, ice, smoking or chewing tobacco!
2. **IF instructed to take medications on the day of surgery by your physician or pre-op nurse, please do so with a sip of water.**
3. **DO NOT TAKE ASPIRIN OR ANTI-INFLAMMATORY PRODUCTS** for 10 days prior to your surgery unless your physician tells you to do so. You may take Tylenol as a pain reliever if necessary. **CHECK WITH YOUR PHYSICIAN ABOUT ANY OTHER BLOOD THINNERS YOU MAY BE TAKING.**
4. **Bring a list of your medications, include prescription, supplement, and over the counter.**
5. **LEAVE ALL VALUABLES** at home including jewelry, credit cards, and large amounts of money. Bring insurance cards and photo ID. If you bring a wallet, it will be given to your family or put in the hospital safe.
6. **WEAR** comfortable, loose fitting clothing. If you are spending the night, pack a bag with personal hygiene items and comfortable clothes to wear home.
7. Take an **antibacterial shower** the night before and the morning of surgery. **Do not wear** lotions, deodorant, powder or make-up. Be sure to remove all nail polish. If given the CHG skin prep package, please follow all instructions on the CHG Instruction Sheet.
8. The day of surgery, enter through the ER DOORS before 5:30am or the FRONT DOOR after 5:30 am. If an inpatient procedure, check in at the Prep Center on the first floor at Main Hospital. If an outpatient procedure, check in at Surgery Waiting on the third floor of the Jones Tower. Family is welcome and may wait in Surgery waiting on the first floor. **This is where the doctor will come out to visit with family after the procedure is over. Family will need to ask at the Surgery Waiting desk where the patient will return.**
9. Keep your cell phone on you the day of surgery in case the hospital needs to get ahold of you.
10. **Bring someone with you who will be able to drive you home.** You will not be permitted to drive yourself. Make arrangements to have assistance at home for at least the remainder of the day following surgery. Failure to do so will result in your case being canceled.
11. If you have any questions about your hospital process **prior to the day** of surgery or have a **delay of arrival** call 479-757-1170. If you have any questions about your surgical procedure, please call your physician's office.