

Hernia Center of Arizona



Center for Minimally Invasive and Robotic Surgery

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Surgery Prep Instructions

Please arrive at –Arrowhead, Banner Thunderbird, St Joes Westgate, Westgate Surgery Center

_____ on your Surgery Day _____
(time) (date)

PLEASE NOTE!!

- DO NOT** eat or drink anything 12 hours prior to surgery—not even gum, candy, mints, water, or coffee.
- You may brush your teeth and rinse your mouth on morning of surgery, but spit out all of the liquid.
- Take a bath or shower the morning of surgery, but **Do NOT** use any powder, lotion, deodorant, perfume, aftershave, or makeup.
- Do not wear any jewelry. All body piercings must be removed. Contact lenses and dentures should be removed before surgery. Please bring a storage container. If you wear contacts, bring your glasses.
- Follow the instructions given on specific Medications prior to surgery and day of surgery. No Aspirin, Ibuprofen, Advil, Aleve, Plavix, or Coumadin **7 days** prior to Surgery
- Unless your doctor or the nurse tells you differently, please arrive at the hospital at least two (2) hours before your surgery will begin. They will need this time to check you in and get you ready for your surgery.
- Arrange for someone to stay at the hospital during your surgery, the doctor will come out after surgery to talk to them, and for someone to take you home. Someone 18yrs or older must stay with you for the next 24 hours after surgery.

Please allow the Surgery Scheduler 5-7 Business Days for us to obtain Prior Authorizations and Scheduling... Thank You Adrienne (#623-486-7700)