

Day of surgery – Instructions

Place of Surgery:

Evergreen Surgery Center

12909 124th Ave NE # 500

Kirkland, WA 98034

Phone: 425 899 5567

Date of Surgery:

Please arrive 2 hours before your scheduled time of surgery.

- 1) You will receive a call from the pre-op nurse the day before your surgery. The nurse will go over your check in time, covid test and will talk about the current medications you are taking (if any)
- 2) No food, no liquid 8 hours prior to your check in time, including gum and mints. A sip of clear liquid (water and gatorade) is permitted no more than 16 oz - but that has to stop 4 hours prior to check in time.
- 3) If you are pre-diabetic please call our office or the surgical facility for the pre-op instructions.
- 4) Do not take the following for 2 weeks before surgery and up to 4 weeks after surgery aspirin-containing compounds, motrin, advil, ibuprofen, herbal supplements including; fish oil, omegas and vitamin E
- 5) Wear comfortable clothing and remove all jewelries.
- 6) Bring Valid ID card (driver's license) and leave valuables at home.
- 7) Shower the night before, and the morning of your surgery. Do not wear lotion, perfume or deodorant.
- 8) Please arrange for a responsible adult to drive you home after the surgery. If you do not have a driver, your surgery will be re-scheduled. No taxi, no Uber permitted to drive you home.
- 9) Someone must be with you the first 24 hours following your procedure.