



NAVAL MEDICAL CENTER
SAN DIEGO
THE PRIDE OF NAVY MEDICINE

Preoperative Assessment Center

Basic Pre-op Instructions



When to stop eating

- Please remember not to eat, drink, chew gum or use any tobacco products after midnight the day prior to your procedure. You may however take your regularly scheduled medications as instructed by your doctor or anesthesia provider with a sip of water and brush your teeth.
- For our pediatric patients, please remember to not to let your child eat anything after midnight. Your child may drink clear liquids (liquids you can see through) up to 2 hours prior to scheduled arrival time. If your child is breast or bottle feeding they may have breast milk 4 hours or formula 6 hours prior to scheduled arrival time. Please have your child take regularly scheduled medications as instructed by the doctor or anesthesia provider with a sip of water and they may brush their teeth.



When to stop eating REVIEW

ADULTS

- Do not to eat, drink, chew gum or use any tobacco products **AFTER MIDNIGHT**
- You may brush your teeth.

CHILDREN AND INFANTS

- Clear liquids you can see through up to **2 hours** prior to scheduled arrival time
- Breast milk up to **4 hours** prior to scheduled arrival time.
- Formula up to **6 hours** prior to scheduled arrival time.

Take regularly scheduled medications **as instructed** by the doctor or anesthesia provider with a sip of water.



Surgical Site Preparation

- If you were instructed to take a shower or were given wipes to prepare your surgical site, please complete twice the night before surgery and once the day of surgery as directed.
- Also, do not shave the surgical site as this may result in cancellation of your procedure.
- Please do not apply any lotions, perfumes, colognes, scented deodorant, or powders after showering.
- Please ensure all make-up and nail polish is removed prior to coming to the hospital.
- For those patients who were given a bowel prep, please refer to your pre-op instructions given to you by the clinic.

Surgical Site Preparation REVIEW



- Shower or wipes complete **twice the night before** surgery and **once the day of** surgery as directed.
- Remove nail polish
- **DO NOT:**
 - shave the surgical site
 - apply lotions, perfumes, colognes, scented deodorant, or powders
 - apply make-up
- ***If instructed:*** complete bowel prep



Surgical Site Infections

- A Surgical Site Infection is an infection that MAY occur postoperatively.
- You can decrease the risk of developing a surgical site infection by:
 - following the instructions your surgeon gave you in regards to surgical site preparation.
- If you would be interested in more information about surgical site infection there is a Center for Disease Control facts sheet that is available upon request.



Medication

- Unless otherwise directed by your surgeon or anesthesia provider, for **2 weeks** prior to your surgery and during post-operative care, stop taking aspirin, aspirin containing products or anti-inflammatory medications such as:
 - Motrin, Advil, Naprosyn, Ibuprofen , Celebrex
- The morning of your procedure you will take regularly scheduled medications with a sip of water, unless instructed not to do so by your surgeon or anesthesia provider.



What to bring

- Your ID card
- Active duty : Command Authorization for Surgery Form
- Bring containers and solutions for contact lenses, glasses, dentures, and hearing aids.
- If your surgical stay will be overnight bring a small overnight bag with toiletry items



Do Not Bring

- Any jewelry, including:
 - Wedding Bands
 - Body Jewelry
 - Piercings
- Watches
- Money
- Credit Cards
- Other Valuables
- Leave these items at home or with a family member or trusted friend.



Post-op

- After your procedure, if you are going home, you will be required to have a responsible adult to drive you home and stay with you for the first 24 hours after anesthesia.
- You will be unable to spend the night in the barracks or on the ship.
 - Please ensure that you inform your physician if these living conditions pertain to you and they can arrange for you to stay at NMCS D.
- You will be able leave the next morning in most cases.



Post-op REVIEW

- Must have a responsible adult drive you home and stay with you for the first 24 hours after anesthesia.
- If you are currently living in the barracks or on a ship; you will need to work with your Provider to have arrangements made for you to stay at NMCSO overnight.



When to report for surgery

- The working day prior to your procedure, our staff will contact you between 1400-1600 with the time you will need to check-in for surgery at the Main Operating Room.
- The Main Operating Room is located in Building 1, on the 4th floor.
- If you have not heard from the pre-op team by 1600, contact 619-532-6844.



If you become ill...

- Ensure that you notify your physician if you develop any illness between now and your scheduled date of surgery.
- This includes:
 - Fever
 - Rash
 - Cold
 - Any other illness symptoms



Important things to remember

- Bring your **ID card**
- Bring a **completed Command Authorization** form (Active Duty)
- Bring any crutches, braces, or support garments order by your physician
- Ensure that you notify your physician if you develop **any illness symptoms** between now and your surgery date
- Our phone number is on the pre-op instruction sheet
- Do **NOT** shave the surgical site
- Please contact us if you have not heard from us between 1400 and 1600 on the working day prior to your procedure.
- Check-in for surgery is at the **Main Operating Room, located on the south end of Building 1, on the 4th floor.**



Closing

- We will do everything we can to ensure your surgery is as stress free as possible. Please understand that, on the day of your procedure, many things can happen to cause your procedure to be delayed. Thank you, in advance, for your patience.
- Thank you for allowing us take care of your health care needs at Naval Medical Center San Diego. We realize you have a choice and we are proud to serve you.