

## **INSTRUCTIONS FOR PATIENTS HAVING SURGERY**

1. To schedule your operation, you must call my surgical scheduler in the office at (914) 686-3950. She will arrange a date and location for your operation, as well as obtain any necessary approvals from your insurance company. Routine pre-operative testing, if needed, is often performed one to two weeks prior to the date of surgery. The scheduler will help you to arrange this testing, as well as any needed medical clearances.
2. Do not take any medications that contain aspirin or aspirin-like substances for two weeks before your operation. This includes ibuprofen (Advil, Motrin), naproxen (Aleve), and aspirin (acetyl salicylic acid). As a rule, any pain reliever or anti-inflammatory medication that is not acetaminophen should be checked with the doctor. This includes topically applied medicines such as Ben-Gay. For everyday pain relief, acetaminophen (Tylenol) is acceptable. If there is any uncertainty about whether you can take a particular medication, please call the office and ask. Other than stopping aspirin-type of medications, you should continue taking your regular medications.
3. Do not eat or drink anything after midnight prior to the morning of surgery. That means anything! If you eat or drink anything on the morning of surgery, your operation may be cancelled by the anesthesiologist. If you take medication regularly, it is often okay to take it on the day of surgery with just a sip of water, but please discuss this with Dr. Spingarn before your operation.
4. Call the ambulatory surgical facility or hospital Admitting Office the afternoon before the day of surgery to confirm the time of your operation, just in case last-minute scheduling changes have occurred.
5. If you have any questions that have not been answered regarding your operation, call the office. If you need to cancel your operation for any reason, please notify us directly as soon as you know.
6. It is generally a good idea to schedule an office visit with me during the week prior to surgery, especially if you want to pick up your prescriptions before the day of your operation.
7. Although I may participate with your insurance plan, I cannot guarantee that all surgery facilities accept your insurance. Please contact the surgery facility yourself to verify that the facility as well as its anesthesia department both accept your insurance. If there is any doubt, and you wish to use a different facility, please discuss this with my scheduler.

The day of surgery:

1. Make sure to arrive at the ambulatory surgical facility or hospital more than an hour before the scheduled time of surgery.
2. If you are going home on the day of surgery, someone must be available to drive you. You will be discharged once the recovery room team is satisfied that you are stable. Prescriptions should be arranged with Dr. Spingarn in advance. Do not ever drive if taking any narcotic for pain or medication for dizziness in the post op period or after any treatments.
3. It is common to have nausea and vomiting as the result of general anesthesia following surgery. This may last a day or so. If it persists or gets worse, please call the office.
4. If you need to reach Dr. Spingarn for any reason after surgery, call the office at: (914) 686-3950.