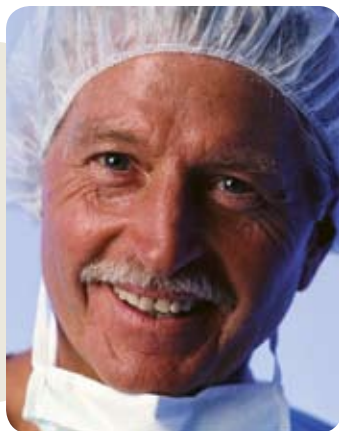


St. Joseph Mercy Oakland takes great pleasure in welcoming you to the Alice Gustafson Center.



## Before Your Surgery

- The evening before surgery do not eat or drink after midnight (this includes water, coffee, juice, alcohol, chewing gum and mints). This is very important for your safety. Your surgery may have to be cancelled if you have anything to eat or drink. You may brush your teeth, but do not swallow any water.
- Do not smoke 24 hours before surgery.
- Please shower or bathe the evening before or the morning of surgery.
- Wear loose comfortable clothes.
- Bring a list of all current medications.
- Leave all valuables, including jewelry, watches, money and credit cards at home. If you wear glasses, contacts or hearing aids, please bring a case.
- Remove all body piercings before coming to the hospital. Wearing metal jewelry during surgery places you at risk for injury. Your safety is important to us.
- One family member or friend must come with you to the center and stay the entire length of your visit.
- Your anesthesiologist will meet with you shortly after your arrival to discuss your anesthesia and answer any questions you may have.

## Medication Instructions

- If you take heart, blood pressure, breathing or seizure medications, take them the morning of surgery with a sip of water. You may take pain medications up until two hours before your surgery.
- If you have asthma, use your inhalers the morning of surgery and **bring them with you**.
- Diabetic Patients: **Do not** take your insulin or diabetes medication the morning of surgery but be sure to **bring them with you**.
- If you are taking a blood thinner (i.e., Coumadin), make sure your surgeon is aware and follow your doctor's instructions regarding dose.
- Do not take aspirin or ibuprofen one week before your surgery. Pain relievers with acetaminophen are acceptable.
- Herbal supplements should be stopped two weeks before surgery.
- Special Instructions:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If you have questions regarding your medications or health history, you may contact a nurse at **(248) 858-3592** between the hours of 1:00 and 6:00 p.m., Monday - Friday.

## Your Surgery

- Your surgery is scheduled on \_\_\_\_\_  
\_\_\_\_\_ with Dr. \_\_\_\_\_
- Surgery times may change. To confirm your arrival time and surgery time please call **(248) 858-6700** one business day before your surgery between 3:00 and 7:00 p.m., Monday – Friday.



## After Surgery

- You will rest in our recovery room under the care of specially trained nurses and an anesthesiologist.
- As soon as you are awake, a family member or friend will be able to come to the post-operation area during your recovery.
- Your surgeon and the surgery center staff will give you written instructions for your post-operative care. Please follow them carefully.
- You may be sleepy or dizzy after your surgery, even after spending time in the recovery room. Therefore, you must not drive or take a taxi home alone. You must have a responsible adult to drive you home and stay with you through the night. If you are unable to arrange this, your surgery will be cancelled.
- For your convenience, there is a pharmacy located in the surgery center to fill your prescriptions.

## When You Get Home

- Be prepared to go home and finish your recovery there. Patients often experience minor after-effects following anesthesia such as drowsiness, muscle aches, a sore throat, and occasional dizziness, headaches or nausea. These side effects will diminish one to two days following surgery. Plan to rest for a few days until you feel back to normal.