



James P. Nealon, MD, FACS

Liška L. Havel, MD, MPH

You are scheduled for surgery at Legacy Silverton Hospital on _____
Check in at the Main entrance at Legacy Silverton Medical Center.

Surgery Check in Time: Falls Canyon Surgical staff will call you **1-3 business days** before your surgery to confirm your exact arrival and check in time for your surgery day.

- The hospital nor your pcp office have access to check-in times, so please contact your surgeon's office if you need help planning your arrival time and or to receive your check-in time.
- **Do NOT take any of these for the 7 days before your surgery**, unless your doctor tells you to: Aspirin, Ibuprofen or any NSAIDS, Iron (These drugs may cause extra bleeding and bruising. If you are on a diet drug containing Phentermine (Acxion, Adipex-P, Duromine, Elvernir, Fastin, Lomaira, Metermine, Panbesy, Razin, Redusa, Sentis, Suprenza, Terfamex & Qsymia).
- **Stop 5 days prior:** Plavix, Coumadin, and any other blood thinners unless otherwise instructed by your physician. If you are taking Dextroamphetamine–Amphetamine & Multivitamins need to be held **3 days prior** to surgery.
- If you take Ozempic, Trulicity, Mounjaro or Jardice you will need to stop 1 week prior to your
- **Do NOT take herbals supplements and Vitamin E supplements for 14 days before surgery** (or as close to 14 days as possible). These supplements might increase bleeding/bruising or interact with anesthesia medications. Melatonin can be continued before surgery, including the night before surgery. If you need pain medication, use acetaminophen/Tylenol as directed.

Diabetic Patients:

Insulin: Take your regular dose of insulin the day before your surgery. Do not take your insulin on the morning of your surgery.

Metformin: Do not take the day before and do not take the morning of your surgery.

DO NOT eat or drink anything after midnight the night before surgery.

- On the day BEFORE your surgery, drink plenty of fluids.
- Do NOT eat or drink after midnight the night before surgery. This includes water, coffee, candy, mints, and gum.
- If you are sick or running a fever, notify our office immediately 503-874-0574
- Please leave valuables such as watches, jewelry, credit cards and cash at home
- Remove all nail polish on fingers and toes.
- Skin Prep: to reduce the risk of post op surgical infection, shower with Hibiclens. Follow instructions given.
- Change your bed sheets before you shower and wear clean clothes.
- If you are doing a bowel prep for colon surgery, it is okay to use OTC ointment or cream in case of skin breakout from prep.

DAY OF SURGERY:

DO NOT eat or drink anything. This includes water, coffee, tea or liquids of any kind.

- Take your blood pressure and/or heart medications with a small sip of water. If you are on any ACE inhibitors (ie. Lisinopril, or any heart medication ending in "pril"), do not take those prior to surgery.
- Do NOT have any candy, gum or chewing tobacco.
- Do NOT smoke, drink alcohol or use recreational drugs for 24 hours before surgery.
- Brush your teeth the night before and the morning of your procedure.
- Shower again, using Hibiclens.



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- Do NOT apply any make up, hairspray or other grooming products to your skin or hair. Do NOT shave surgical area. Make sure you have dry hair upon your arrival at the hospital. Dress in loose fitting, comfortable clothing, and shoes.
- Be sure to arrive at the hospital on time. If you realize you are going to be late, inform Surgical Services immediately 503-873-1725

Post-Surgery:

- Following surgery, you will be taken to Short Stay, depending on what procedure you are having. Once there, a post op nurse will care for you during your recovery.
- If you are here for outpatient surgery, your post op stay could last up to 24 hours. You will not be released until the nurses and doctors feel you are ready for discharge.
- If you are having major surgery you may stay at the hospital 2-3 days or longer, in some cases you are able to leave on the same day as your surgery.
- You MUST have someone here to drive you home from the hospital.
- You will not be able to drive or return to work for 24 hours after your procedure. Take all medications as instructed. If you are on antibiotics, continue to take them until they are gone, even if you feel well.
- If you don't have a post-op appointment scheduled, please call the office to have one scheduled.

Directions to Legacy Silverton Health (If you need to cancel your surgery, please call our office 503-874-0574

- Enter the Main (Front) Entrance to the hospital. You will see Registration, after you register, you will go to the waiting area. It is on the left passing the Café.

Important: if you have or feel any of the following, please call our office 503-874-0574

- You have a fever over 100.5° F (38° C)
- You notice increased redness, swelling, foul smelling drainage or pain around the incision site.
- Your incision opens. Lightly press a clean cloth to the incision to control bleeding.
- You still have pain an hour after taking pain medication.
- You have side effects from your medication such as nausea, a rash or itching pain.

Follow the discharge instructions given to you at the time you are discharged from the hospital. Often times our providers will provide you with additional instructions for you to follow depending on the type of surgery you had.