



31 W. BELLEVUE DRIVE, PASADENA, CA 91105
(626) 584-6116

PRE OPERATIVE INSTRUCTIONS

Your doctor has scheduled you for _____ at the Hernia Center of Southern California on _____ at _____ am/pm. Please follow these guidelines, as well as your doctor's instructions to prepare you for surgery. If you have any questions, please call (626) 584-6116 any time. Thank you.

GENERAL GUIDELINES

Please arrive at the Hernia Center of Southern California at the scheduled time. This time is important for your preparation. If you are unable to come at the scheduled time, please call prior to your surgery date.

Children under the age of 18 years old must be accompanied by a parent or legal guardian.

Please leave small children at home.

Do not take aspirin 10 days prior to surgery.

You must arrange transportation home after your surgery. You will not be allowed to drive yourself home after surgery.

NIGHT BEFORE SURGERY

DO NOT TAKE ANY FOOD OR WATER AFTER MIDNIGHT (WE REQUIRE 8 HOURS OF AN EMPTY STOMACH PRIOR TO SURGERY).

If your doctor told you to take medication prior to surgery, please take it with only a small sip of water.

Do not smoke or chew gum after midnight.

DAY OF THE SURGERY

Please do not have any nail polish on your fingernails the day of your surgery.

Do not use any adhesive on your dentures prior to coming to the surgical center.

Shower before coming to the surgical center.

DO NOT SHAVE, WAX or use ANY TYPE of hair removal on the surgical area. If you do so your surgery will be CANCELED.

Wear loose fitting comfortable clothing which will be easy to remove and put back on.

PLEASE BRING

All medications that you have been currently taking.

DO NOT BRING

Valuables, jewelry, cash, clothing or suitcases.