CITIMED SURGERY CENTER

www.CMSCNY.com

Phone: (718) 571-9595

Fax: (718) 571-9600

92- 12 165th Street, Jamaica, NY 11433

INSTRUCTIONS FOR PATIENTS / RESPONSIBLE PARTY

1. Bring your insurance card **and** your photo ID with you.
2. Please bring a complete list of your medications, including dosage, how often you take them, and when you last took them.
3. Do not eat or drink **anything** after midnight the night before your surgery. NO GUM OR WATER.
4. **If you are taking** any blood thinner, such as Plavix, Aspirin, Eliquis, Pradaxa, Arixtra, Xarelto Coumadin, etc. **that was prescribed by a physician, please call the doctor performing** your procedure to ask him/her if this will interfere with your scheduled procedure.
5. Do not take any non-prescription aspirin, NSAIDs (i.e., lbuprofen/Motrin/Advil and Naproxen/ Aleve), vitamin E, fish oil, or herbal supplements for 1 week before your surgery unless your doctor tells you otherwise.
6. Do **not** take diuretics (water pills) or oral hypoglycemics (diabetes pills) the day of the surgery unless your doctor tells you otherwise.
7. **If you are an insulin dependent diabetic, please call your physician for your diabetic medication instructions.** If you are unable to get prior insulin instructions from your physician then you should not take regular insulin on the morning of your procedure and you should only take 1/2-2/3 of your dose of intermediate to long-acting insulin. If you have an insulin pump, ask your physician when to turn it off before the procedure (to stop the administration of insulin while not eating).
8. **Take your blood pressure and heart medication, seizure medication and asthma medication (bring all inhalers with you) on the morning of your surgery with a little sip of water.**
9. Alcohol and smoking tobacco should be continued at present levels unless discontinued one month prior to procedure. Do not smoke marijuana, including “medicinal” in the morning before your surgery.
10. Bring all medications that you will need for the day with you.
11. Do **not** shave the area where you are going, to have your procedure done (i.e., legs).
12. Take your shower the evening before or the morning of your surgery preferably using an antiseptic skin cleanser with CHG (Chlorhexidine Gluconate), such as Hibiclens, if you are having podiatry or orthopedic surgery or if you are to receive an implant. **Do not** use Hibiclens above the neck or in the genital region, wash your hair/face before its use and do not put moisturizer on your skin after bathing. Hibiclens (or other brands of CHG soaps) can be purchased at most large drug stores, Target, and Wal-Mart.
13. Leave all of your valuables at home. Patients must leave all jewelry at home including the wedding ring. The Surgical Center is not responsible for valuable belongings.
14. Do not wear contact lenses but bring your eyeglasses with you. **Do not wear make-up or jewelry. Remove all jewelry or piercings require screwdriver or pliers to remove, please do so at home. No tools are available at the surgical center.**
15. Remove all nail polish, including gels and artificial nails, from at least one finger on each hand.
16. **Wear loose comfortable clothing especially at your operative site/limb. For example, if having knee surgery wear very large and loose pants instead of jeans. If having shoulder surgery, please wear a very oversized shirt.**

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17. Wear flat comfortable shoes. **Do not wear slip-on shoes or flip flops if having knee or foot surgery.**
18. Take any PRE-MED, Antibiotic prophylaxis or prep that is ordered for you.
19. Please limit friends or family members who accompany you to 1 person who must be an adult over the age of 18.
20. **Please have a responsible person drive you to the Surgery Center and drive you home again as the law does not permit you to drive for 24 hours after you have had anesthesia.** Make arrangements for someone to stay home with you on the day of your surgery for at least 12 hours as this is a law in the State of New York.
21. If your surgeon has ordered you to get medical clearance from your Primary Physician, please have this done in time before you come in for your surgery.
22. Please make sure that you have had your blood work, chest x-ray, EKG and any other tests that are ordered by your surgeon or your primary Physician done before you come in for your surgery.
23. For the safety and comfort of all patients, visitors, and staff, pets are not permitted in the surgical center. Please make appropriate arrangements for your pets prior to your appointment.
24. If you are going to need crutches after your surgery and you have them, please bring them with you.
25. In the Surgical center, patients are expected to act in a civil and polite manner at all times. No verbal abuse or aggressive behavior towards staff will be tolerated. Patients acting in an inappropriate or disruptive manner may have their procedure cancelled, and will be asked to leave the facility.
26. **Our facility prohibits firearms or weapons. If you arrive for a procedure and are carrying a firearm or weapon, your procedure will be cancelled. Leave all firearms/weapons at home in a safe box.**