

## **Pre-operative Instruction Sheet**

1. **On the night before your surgery, please do not eat or drink anything after midnight.**

This includes water, breath mints, or even chewing gum. Having food in your stomach increases your risk during surgery.

2. My administrative assistant will call you on the week of your surgery to let you know the date and time of your surgery.

If your surgery is at the hospital, please arrive to the Day Surgery Registration desk (NYGH, General Site, 1<sup>st</sup> floor, 4001 Leslie Street, Toronto, ON) **at least 2 hours before your surgery.** If your surgery is being performed outside of the hospital, please follow the instructions provided to you.

3. Please make arrangements to have someone bring you home on the day of your surgery. **If you do not have someone to bring you home, your case will be cancelled.** You will not be able to drive yourself and you cannot use a taxi or Uber.

4. Medications:

- Consult your family doctor or specialists about whether you can discontinue taking regularly scheduled medications (e.g. medications for diabetes, aspirin or other blood thinners), herbal products prior to your surgery.
- If you are advised to continue taking your medication, take it only with a sip of water.
- If you had a pre-operative assessment, please follow the instructions provided to you especially with respect to your diabetes medications and blood thinners.

5. If you smoke cigarettes or marijuana, please refrain from smoking 4-6 weeks before your surgery to prevent wound healing complications.

6. If you are late or if your case is cancelled, there will be a \$100.00 late or cancellation fee.

7. Do you require any of the following notes to be completed? Please check all that apply):

- a. ☐ medical notes to be off work
- b. ☐ medical note to be working with modified duties
- c. ☐ specific company workplace forms (must be provided by the patient)
- d. ☐ WSIB forms
- e. ☐ North Ontario Travel grant
- f. ☐ Other: \_\_\_\_\_

**\*Please note that there will be work note fee ranging from \$50-100 depending on how involved the forms are.**