

Routine Pre-Operative Instructions

You have been scheduled for surgery. Please read all of the instructions below to help you understand what you need to do before surgery.

Your pre-admission interview

- The Pre-Optimization Clinic will be calling you 5-7 days before your surgery to set up a pre-surgical interview to review your medications, order any tests or labs and give instructions for your surgery. If you have not heard from them 5 days prior to your surgery, you may call 405-515-0185.
- It is best to schedule this appointment 2-7 days before surgery. Arrive 15 minutes before your scheduled appointment time.

Medications

The hospital will need an accurate list of all your medications. Please bring all of your prescribed medications you are taking with you in the prescription bottles.

Certain medications such as ACE inhibitor class of blood pressure medications, blood thinners, and diabetic medications may need to be discontinued in advance and/or held the morning of surgery. Talk with your pre-admission nurse to determine the appropriate plan for you.

As a rule, most other medications can be taken but it is important to discuss the prescription and herbal medications you take with your surgeon and your pre-admission nurse to determine the appropriate plan for you.

Surgical Charges:

Self-Pay Patients: You must contact our billing office at 405-307-1318 to discuss payment options for your surgery. Failure to set up arrangements for payment can result in cancellation of your surgery.

Insurance Patients: Our billing office will be calling your insurance company for Pre-Authorization and benefit coverage for the surgeons charge only. The facility where you are having your surgery will contact your insurance regarding the facility fees.

It is your responsibility to notify us of any facility restrictions your insurance coverage may have. There are various plans and changes that happen within your insurance company that we may not have been made aware of. We encourage you to contact your insurance carrier to verify any questions of coverage that you may have.



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Day before your surgery

- You can expect a call from the hospital between 2:00 - pm to 5:00 pm the business day before your surgery to confirm your surgery time.
- If you are away from home during that time, please call the same day surgery department at 405-515-2600.
- You may have nothing to eat or drink after midnight the night before your surgery, unless your physician instructs you otherwise. This includes water and mints.

The day of your surgery

- Bathe or shower the night before or the morning of your procedure.
- Wear loose comfortable clothes to the hospital that are easy to change.
- Remove all body piercings that you may have.
- You may brush your teeth that morning as long as you swallow nothing. Avoid all gum, mints or hard candy.
- You **MUST** have an adult drive you home. The hospital will not let you drive home or leave in a taxi. No exceptions per hospital policy.
- If you need to cancel your surgery for any reason, please contact our office directly as soon as possible and speak to your nurse.



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