

Surgical Associates of Central New Jersey

Specialists in General, Vascular, Laparoscopic and Breast Surgery

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Pre-Operative Instructions for Minor / Same Day Surgery at Somerset Ambulatory Surgical Center:

- A staff member from Somerset Ambulatory Surgical Center will call you to set up your procedure.
- If you require pre-operative testing, call your primary care physician to schedule an appointment. It is very important to complete your pre-operative testing at least 10 days prior to surgery. This allows time to treat any abnormalities pre-operatively without delaying your surgery.
- Depending on your health history and/or the results of your pre-operative testing, you may need a medical clearance from your primary care doctor or cardiologist prior to your surgery. This is to ensure it is safe for you to undergo your surgical procedure.
- Have nothing to eat or drink after midnight before your surgery.
- Report to the Somerset Ambulatory Surgical Center 1 hour (unless instructed otherwise by the surgeon's office) prior to your scheduled operative time. This extra time allows for you to be checked in, meet with the anesthesiologist and receive pre-operative medication.
- Take all of your regular medications, except those for diabetes, as you would normally take them with a sip of water on the morning of surgery. If you have diabetes, please consult your medical doctor for instructions of how your medication should be adjusted.
- Do not take any products containing Ibuprofen (Advil, Aleve, etc.) or Aspirin within ten days prior to your surgery. If you are on a blood thinner, such as Coumadin, your surgeon will instruct you when to stop this medication prior to surgery. The use of Tylenol is acceptable.
- You will need a driver to bring you home after your surgery.

What happens on the day of the procedure?

After you have reported to the Surgical Center, you will be checked in. When registration is complete, you will be asked to change into a hospital gown. A nurse will review your chart and confirm that all paperwork is in order. You will then have a pre-operative interview with an anesthesiologist who will ask you questions regarding your medical history. Before any medications are administered, your surgeon will verify your name and the type of procedure you are having. You will then be taken to the operating room. After the appropriate form of anesthesia is administered, the procedure will be performed.

What happens after the procedure?

Once the surgery is completed, you will be taken to a post-operative recovery unit where a nurse will monitor your recovery. You will be released once it is determined that you are ready to be discharged.

How do I care for my bandages?

It is important to keep the bandages clean and dry. You may have a dressing that is covered with clear plastic that is adhered to the skin. Leave this in place until you return to the surgeon's office for your post-operative visit. There may be blood on the bandage under the clear tape, this is normal.

Once I get home, what side effects can my medication have?

Mild pain at the incision site may occur. Depending on your condition, your physician may prescribe pain medication, possibly a narcotic. Constipation is occasionally a problem with narcotics. To avoid constipation, eat a diet high in fiber, drink plenty of water and juices, and if needed you may take a mild laxative. It is important for you to get up and walk around. You may resume driving when you are pain free and off any narcotic medications.

When should I schedule a follow-up visit?

Call the office at 732-356-0770 to make a follow-up appointment for 7 to 10 days after surgery.

When should I call the doctor?

- Be sure to call your surgeon at 732-356-0770 if any of the following symptoms appear:
- Fever greater than 101 degrees
- If you are having more pain than you think there should be
- Any signs of infection such as drainage from the incision, area around the incision is red and hot to the touch, swelling around the incision.
- Nausea and vomiting

If it is an extreme emergency, please go directly to the emergency room.