

Pre-Operative Instructions
Dr. Stephen Baker - MedStar Georgetown University Hospital

The purpose of these instructions is to prepare you for your upcoming surgery. Please read carefully. If you have questions, call our office at **202-444-9302**.

- Please arrive at least two hours prior to your surgical start time.
- Bring with you only your insurance card and a photo ID. Please leave all other valuables at home.
- We may require clearance from your primary care physician or pediatrician. If blood work is required, it can be done by your physician or the Presurgical Testing Center. Please call the Presurgical Testing Center (202-444-2746) to make an appointment within 2 weeks of your surgery. Bring a list of your current medications and notify the nurse if you have donated your own blood or have directed-donor blood arranged for your surgery.
- NO SMOKING for 2 weeks before and after surgery as it interferes with healing.
- NO anti-inflammatory products for 2 weeks prior to surgery. These include aspirin, ibuprofen, naproxen, Vioxx, Celebrex, etc. These medications thin the blood and can increase the risk of bleeding. **You can take Tylenol.**
- If you take blood thinners like Coumadin, Plavix, etc., please call for instructions. These medications must be stopped prior to surgery, usually 5 days before.
- If you take vitamin E or other herbal supplements, it is recommended that you stop taking these for 2 weeks before and after surgery. These products can also increase the risk of bleeding.

Day of Surgery

- **Nothing to eat or drink after midnight, the night before surgery**, including candy and gum. Discuss exceptions for critical medications ahead of time.
- **Arrive at the Surgery Center two hours before your surgery time.** It is located at Entrance 2 off Reservoir Rd., next to the Emergency Room.
- **Pediatric patients:** No solid food, milk, formula, or orange juice for 8 hours prior to surgery. Children 0-12 years of age may have clear liquids (i.e. water, apple juice) up to 3 hours before surgery, but do not exceed 8 ounces.
- **Infants 0-6 months old:** Breast milk may be given up to 3 hours before surgery. Formula may be given up to 8 hours before surgery.
- Arrange in advance for an adult to drive you home from the hospital and stay with you the first night. **You will not be allowed to travel home alone or by taxi.**
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Garments

- If you are having breast surgery, you will need to purchase a bra to wear for 4-6 weeks after surgery. We recommend a sports bra that has good support, no underwire, and opens in the front.
- If you are having liposuction, you will need to order a garment and bring it with you to the hospital. Wearing a compression garment for 4-5 weeks maximizes the cosmetic results and is an essential part of the recovery process. We recommend you purchase 2.



MedStar Georgetown
University Hospital

Name:

DOB:

Driving/Parking Instructions

- Drive into entrance #2 off Reservoir Rd, NW
- Park in the garage on your left
- Take the garage elevators up to the top floor
- You exit onto a patio outside Georgetown Hospital's Main Building, so walk into the doors for the Main Building
- Go to the *Registration Department* on your right, and check in.

After you check in and register, you will be shown where to go next.