



Day of the Procedure:

1. Fasting:

- a. Do not eat or drink anything starting at least **8 hours** before your procedure. This includes water, gum, and mints.

2. Medications:

- a. Take your regular medications with a small sip of water unless otherwise instructed by Dr. Kim. If you take blood thinners, diabetes medications, or have any other specific medical conditions, please follow the tailored instructions provided by our office.

3. Hygiene:

- a. Take a shower the morning of your procedure using an antibacterial soap to reduce the risk of infection. Avoid applying lotions, perfumes, or deodorants.

4. Arrival:

- a. Arrive at the surgical center at least 1 hour before your scheduled procedure time to allow for preoperative preparations.

5. Transportation:

- a. Arrange for a responsible adult to drive you home after the procedure, as you will not be allowed to drive yourself due to the effects of anesthesia.

Important Considerations:

1. Contact Information:

- a. Ensure our office has your current contact information and that of an emergency contact person.

2. Questions and Concerns:

- a. If you have any questions or concerns about the procedure, medications, or preoperative instructions, please contact our office at (925) 430-5613.

3. Health Changes:

- a. If you experience any changes in your health, such as a cold, fever, or any other illness, notify our office immediately as this may affect your surgery.

Postoperative Care:

1. Follow-Up Appointment:

- a. A follow-up appointment will be scheduled to monitor your recovery and evaluate the effectiveness of the PNE procedure. Please call the office at (925) 430-5613 to schedule your follow up appointment. Dr. Kim will provide specific instructions for postoperative care and any activity restrictions.

2. Pain Management:

- a. You will receive instructions on managing postoperative pain, including prescribed medications and other comfort measures.

3. Wound Care:



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- a. Detailed instructions on caring for your surgical site will be provided to prevent infection and promote healing.

Thank you for your cooperation, and we look forward to providing you with the best possible care. Your adherence to these instructions is essential for a successful procedure and a smooth recovery.

Sincerely,

Dr. Ran S. Kim

Colon & Rectal Surgery

U Wellness Surgical

(925) 430-5613

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