



## PREOPERATIVE INSTRUCTIONS

### Premier Surgery Center Outpatient Surgery

Patient's Name: \_\_\_\_\_  
Hospital/Facility: Premier Surgery Center, 2222 East Street, Concord, CA 94520  
Date of Arrival: / / Time of Arrival: \_\_\_\_: \_\_\_\_ AM/PM  
Date of Surgery: / / Time of Surgery: \_\_\_\_: \_\_\_\_ AM/PM

Dear Patient,

As you prepare for your upcoming surgery at Premier Surgery Center, it is important to follow these preoperative instructions to ensure a smooth and successful procedure. These instructions are designed to help you get ready for various hernia repair surgeries, including inguinal and umbilical hernia repairs.

#### Pre-Surgery Preparation:

##### 1. Medical History and Medications:

- i. Inform Dr. Kim and the surgical team of any allergies, medications you are currently taking (including over-the-counter drugs, vitamins, and herbal supplements), and any medical conditions you have.
- ii. Certain medications, especially blood thinners (like aspirin, warfarin, or clopidogrel), may need to be stopped several days before surgery. Dr. Kim will provide specific instructions regarding this.
- iii. **IMPORTANT: BLOOD-THINNING MEDICATIONS NEED TO BE RESTRICTED:**

1. No need to hold Aleve, Advil, Motrin, Vioxx, Celebrex, Naproxen
2. No need to hold Baby Aspirin (81 mg)
3. **HOLD WARFARIN, PLAVIX, ASPIRIN (>81 mg), VITAMINS/SUPPLEMENTS FOR 5 DAYS PRIOR TO SURGERY**
4. **HOLD ELIQUIS, XARELTO, SAVAYSA FOR 3 DAYS PRIOR TO SURGERY**
5. **HOLD PRADAXA FOR 3 DAYS IF GOOD KIDNEY FUNCTION, OTHERWISE HOLD FOR 5 DAYS PRIOR TO SURGERY**

##### 2. Smoking and Alcohol:

- i. Stop smoking at least two weeks before surgery to improve healing and reduce the risk of complications.
- ii. Avoid alcohol consumption for at least 24 hours before surgery.

#### Dietary Restrictions:



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### 1. Day Before Surgery:

- i. You may eat a light meal the evening before your surgery, but avoid heavy, greasy, or spicy foods.
- ii. Do not consume any food or drink after midnight the night before your surgery. This includes water, chewing gum, and mints.
- iii. **8 hours prior to surgery DO NOT eat or drink anything (including water). You may take oral medications with sips of water.**

### Day of Surgery:

#### 1. Hygiene:

- i. Take a shower the morning of your surgery using antibacterial soap to reduce the risk of infection.
- ii. Do not apply any lotions, creams, or powders to the surgical area.

#### 2. Medications:

- i. Take only the medications approved by Dr. Kim with a small sip of water on the morning of your surgery.

#### 3. Clothing and Personal Items:

- i. Wear loose, comfortable clothing that is easy to put on and take off.
- ii. Leave all valuables, including jewelry and watches, at home.
- iii. Bring your photo ID, insurance card, and any necessary paperwork to the surgery center.
- iv. **Please wear comfortable clothing on the day of surgery, and please arrange for a ride home. Taxis/Uber/Lyft are NOT allowed. You can expect to be at the hospital/facility for at least 3 hours from your arrival time.**

### Transportation:

1. Arrange for a responsible adult to drive you to and from the surgery center. You will not be able to drive yourself home due to the effects of anesthesia.

### Arrival Time:

1. Arrive at Premier Surgery Center at least 1 hour before your scheduled surgery time to complete any necessary paperwork and preoperative assessments.
2. **Time of the procedure and arrival are subject to change. Prior to your procedure, the hospital or surgery center will call you with the final timeline.**

### Anesthesia:

1. You will meet with the anesthesiologist before your surgery to discuss the type of anesthesia that will be used and any concerns you may have.



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**Post-Surgery Arrangements:**

1. Plan to have someone stay with you for the first 24 hours after surgery to assist you and monitor your recovery.

**Post-Operative Follow-Up:**

1. Please call the office at 925-430-5613 to schedule a post-op appointment. If you need to reschedule, please give 72-hour notice to avoid charges. Please note it takes 48 to 72 business hours to process your prescription refill.

**Contact Information:**

If you have any questions or need further clarification regarding these preoperative instructions, **please contact our office at 925-430-5613 with any new or updated information or if you have any questions after discharge.**

Thank you for your cooperation and we look forward to providing you with the best possible care.

Sincerely,

**Dr. Ran S. Kim**

Colon & Rectal Surgery

U Wellness Surgical

(925) 430-5613

1399 Ygnacio Valley Rd, Suite 11-D, Walnut Creek, CA 94598