



1840 Quentin Road • Lebanon, Pennsylvania 17042
Telephone (717) 272-0007 • FAX (717) 675-2247

TIPS YOU NEED TO KNOW

Transportation

You should arrange to have someone drive you to and from your surgery as you will be unable to drive because of anesthesia. Also, we recommend that a responsible adult stay with you for the first 24 hours following your surgery.

Food/Drink

Adults: Patients may have nothing to eat or drink after midnight the night before the surgery. Please do not chew gum or candy (lifesavers, etc.).

Children: May have no solid foods after midnight. May have clear liquids until 3 hours before surgery. Examples: apple juice, ginger ale, jello, or water. Absolutely no milk, orange juice, coffee, soup, hard candy, gum. If you have any questions regarding these instructions, call us.

May have solids until 6 hours before surgery.

Babies

May have breast milk until 3 hours before surgery.
May have bottle milk until 6 hours before surgery.

Medications

If you take any medication for your heart, blood pressure, seizures, or gastric reflux you may take **only** that medication the morning of your surgery with a small sip of water.

If you are a diabetic, please check your blood sugar the morning of your surgery and tell us your reading when you arrive. Do not take your insulin the morning of your procedure or any oral diabetic medications.

Please bring a list of all medications you take with the dosages.

If you have asthma or use an inhaler, please bring your inhaler with you.

MakeUp/Jewelry/Personal Belongings

Please leave all jewelry and extra personal belongings at home. Remove all rings for any upper extremity surgery. Cataract patients should not wear makeup the day of their surgery. No one should wear contacts to the surgery center. Please remove all body piercings. Please wear comfortable, loose fitting clothing the day of procedure.

***Please bring all insurance cards and driver's license or information
with you to the Physicians Surgical Center.***