



Surgical Instruction Sheet

Occasionally due to emergencies or unforeseen occurrences, your surgery may be delayed or moved to an earlier time. If this does occur the hospital will notify you of the time change.

Thank you for choosing our office. To help make your surgical experience as easy as possible, please follow these instructions.

1. You must pre-register with the facility several days prior to your surgery date. **Alaska Regional Hospital:** 264-2055 **Providence Hospital:** 212-3149 **Alaska Surgery Center:** 550-6251 or www.aksurgery.com
2. Do not use aspirin, ibuprofen or any other aspirin containing medications for 2 weeks before or after your surgery. These medications have a tendency to increase your risk of bleeding, but tylenol does not. Your post-op medications contain Tylenol therefore we ask that you do not take any additional Tylenol while on prescribed pain medications.
3. **Do not have anything** to eat or drink after midnight prior to your surgery. This includes water, gum and hard candy. It is ok to brush your teeth.
4. If you take medications daily, please take these medicines with a SIP of water the morning of your surgery. If you are diabetic, have a seizure disorder, or a major medical illness, check with your physician who cares for your major medical illnesses and follow their instructions about taking your medicine on the day of your surgery. Please bring a current list of all medications you take.
5. Please leave all valuables at home. This would include jewelry, money and wallets. Do not wear makeup, nail polish or contacts the day of your surgery.
6. Arrange for a ride home after surgery. You will NOT be allowed to drive yourself, or to leave the hospital unaccompanied via taxi or bus. **It is required that you have someone stay with you during the immediate 24 hours postoperative period.**
7. Wear comfortable clothing (no heels or tight pants). We suggest you wear a shirt, blouse or top that will button or zip up the front, preferably nothing that will pull over your head.
8. Verify with either the facility or you surgeon's office that you have completed any necessary pre op lab work, X-Ray, or EKG.
9. As a reminder, you will be billed separately for the surgeon, anesthesia services, and the surgical facility.
10. *Please call the office with any questions or concerns at (907) 279-8800.*

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