



## Preoperative Instructions PAIN MANAGEMENT

### 1. Surgery Schedule

- Changes may be made to the surgery schedule. Please plan to have your entire day free as the surgery center may call with a different arrival time.
- The surgeon's office will call you with your arrival time.

### 2. Eating and Drinking

- **Neck/Upper Back Injections:**  
Absolutely nothing to eat or drink for 8 hours prior to arrival time.
- **Back/Lumbar Injections:**  
**WITH SEDATION** - Nothing to eat 8 hours prior to arrival time.  
Clear liquids up to 4 hours prior to your arrival time.  
(Water, Apple Juice, Black Coffee (no cream or milk or soy))  
**WITHOUT SEDATION** - Eat and drink as usual.

### 3. Medications

Unless otherwise instructed:

- a. Take prescription medications the morning of surgery with a small sip of water.
- b. Bring a list of all medications including dosages
- c. Diabetics**
  - Contact your Primary Care Physician for preoperative instructions regarding your diabetic medication.
  - Bring your diabetic medication with you to the surgery center

### 4. Attire

DO NOT Wear

- Frangrances/Perfumes (Patient and Escort) - **PSC is a Frangrance Free Facility**
- Makeup, contacts, jewelry

DO Wear

- Loose fitting button shirt
- Sweat pants (elastic waistband pants)
- Slip on shoes

### 5. Escort

- The escort is to remain in the building throughout your admission.
- Please allow only 2 escorts to accompany you.

### 6. After Surgery

- You must have a responsible adult drive you home.
- We recommend someone be with you for 24 hours if you have IV sedation.

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