

## Pre-Surgical Instructions

1. On the day of surgery, please arrive at the Virginia Hospital Center, located at 1625 N. George Mason Drive, Arlington, VA. Park in the BLUE parking garage and proceed to the Surgery Center on the 2nd Floor. Phone Number: 703-558-6155
2. Please bring an overnight bag if you are spending the night.
3. **DO NOT EAT OR DRINK** anything after midnight the night before your procedure. This includes water, ice chips, mints, hard candy and gum. If your preoperative interview nurse has instructed you to have clear liquids until a specified time, be sure to stop at that time. Clear liquids include: small amount of water, apple juice, cranberry juice, iced tea, jello, black coffee or tea. **NO MILK or CITRUS.**
4. Take the following medications on the morning of your procedure with sips of water as instructed by your preoperative interview nurse.
5. Do not take the following medications for 10 days prior to your surgery: **ASPIRIN** or aspirin containing medicine, non-steroidal anti-inflammatory medicines such as Motrin, Advil, Aleve, etc. (Celebrex is allowed), vitamins and supplements.
6. **DO NOT SMOKE** for 24 hours before and after your surgery.
7. For safety purposes, jewelry hairpins and body piercing must be removed.
8. Remove all make-up (particularly eye make-up) and nail polish.
9. Leave contacts at home. Bring a glasses case for your eye glasses.
10. **IF CRUTCHES ARE REQUIRED** and you have a pair, bring them.
11. Wear loose, comfortable clothes appropriate for your procedure/surgery.
12. You will receive individualized instructions after your procedure.

**IF YOU HAVE QUESTIONS:** please contact the Virginia Hospital Center Pre-Op Screening Department at (703) 558-6159 between 7:30 am & 4:30 pm or your Physician.