

Bahamas Surgery Center

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Pre-Operative Instructions

IMPORTANT PLEASE READ BEFORE YOUR SURGERY

1. No solid food up to 8 hours prior to arrival. You may have clear liquids (water, apple juice, black coffee) up to 6 hours prior to arrival. **Diabetic or overweight patients, add 2 hours to the above times.*
2. You may have sips of water up to 2 hours prior to surgery. **Diabetic or overweight patients, add 2 hours to the above times.*
3. Do not take Aspirin or Ibuprofen for 10 days prior to your surgery.
4. Remove all jewelry, including body piercings, toe rings and watches, and leave all valuables at home.
5. Inform your anesthesiologist if there is any possibility of pregnancy.
6. Inform your anesthesiologist if you have a family history of anesthetic complications, such as a high temperature.
7. Inform your nurse or anesthesiologist if you are allergic to latex.
8. Bathe or shower the night before or the day of your procedure with Dial soap. You may brush your teeth and/or gargle.
9. Wear loose, comfortable clothing and comfortable shoes. Do not wear tight or binding articles. Depending on the type of surgery, you may keep your underpants and socks on.
10. You **must** have adult supervision at home for 24 hours after your surgery/ procedure.
11. A responsible person **must** drive you home. We cannot discharge you to public transportation (bus, taxi, etc.) unaccompanied if you have had sedation/anesthesia.
12. If you wear contact lenses, leave them at home and wear your glasses.
13. If you have not received a call from the pre-op nurse the day before your procedure/surgery, please call (661) 328-2333.
14. Bring a current list of your medications, photo ID and insurance card.

These guidelines are subject to change.
Please review with your pre-op nurse.