

Use this checklist to prevent your procedure from being canceled or delayed.



Surgery Checklist

When your procedure is scheduled

- Complete your health history at www.simpleadmit.com
Password:TSSC724NEW and assure your cell phone number is correct. Important information including arrival time will be sent via text.
- If pre-testing is required, get this done as soon as possible. All results must be faxed or delivered to the surgery center prior to your procedure.
Fax:(724)225-7626
- If you take a medication to thin your blood, ask your surgeon's office if you need to stop it. It may need to be stopped up to a week in advance. This includes: aspirin, ibuprofen, Motrin, Advil, Pepto Bismol, Alka Seltzer Cold Plus, Aspergum, and more. If you have questions about a specific medication, contact your surgeon's office.
- Arrange for someone to drive you home from Tri-State Surgery Center and to remain with you for 24 hours after your procedure. If you do not have a driver your procedure will be canceled if your procedure requires anesthesia (medication to make you sleepy).

The Day before Surgery

- Follow "special" instructions from your physician.
- Typically, you may eat solid food and drink liquids until midnight. Do not eat or drink after midnight unless otherwise instructed.
- Do not drink alcoholic beverages 24 hours prior to surgery.
- Take your medications unless otherwise instructed by your physician. If diabetic, call your family physician for special instructions concerning your medications.
- Please bathe/shower.
- Call your physician if you develop a fever, cough, cold or flu-like symptoms.
- Notify your surgeon's office if you have artificial/acrylic/gel nails and are scheduled for surgery on your arm, hand or shoulder.
- You will receive a text with your arrival time around 2:30pm the day before your procedure.

The Day of Surgery

- Arrive at the Tri-State Surgery Center at the specified time.
- Arrange for someone to drive you home and to stay with you for 24 hours after your surgery or YOU MAY RISK CANCELLATION OF YOUR PROCEDURE.
- Wear comfortable clothing that is easily removed.
- Do not wear jewelry. Leave all valuables at home.
- Do not wear make-up
- Do not wear contact lenses. Bring your eye glasses and a case.
- You may brush your teeth and use mouthwash, but do not chew gum, use breath mints or cough drops.
- We recommend that your family member/driver remains in the waiting room until discharged. Snack and beverage machines along with free Wi-Fi are available for their convenience.

Please remember to bring the following:

- Insurance cards and photo ID
- Your co-pay and/or deductible required by your insurance
- Any forms and/or papers from your surgeon
- Health Care Power of Attorney and/or Living Will - if applicable
- Crutches, canes, walkers or other assistive devices if you use them
- If you did not provide your medication list online or over the phone, bring it with you. Include dosage & frequency for all prescriptions, over the counter, vitamins & herbal supplements.

Specific Information for Patients who are Minors

- **Young children may bring a favorite toy/security object, pacifier, or bottle/cup for use after their procedure/surgery.**
- **A parent/legal guardian must accompany minors and remain at the surgery center throughout the visit.**
- **If a legal guardian will be signing consent for treatment legal paperwork must be presented.**
- **Parents are to remain with their child up to the time of the procedure**
- **Let your child know where you will be waiting and assure him/her that you will see them after their procedure is over.**
- **You may rejoin your child, one parent at a time, in the recovery room.**
- **Your child may be unsteady after sedation/anesthesia. Please plan to supervise all activities for 24 hours following their surgery. Specific activity limitations will be given to you at discharge.**
- **Children under the age of 18, who are not themselves patients, will not be permitted at the center.**