



Preparing For Adult Surgery

PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY:

- **PLEASE CALL THE SURGERY CENTER THE DAY BEFORE YOUR SCHEDULED SURGERY FOR YOUR CONFIRMED SCHEDULED TIME** between the hours of **1:00PM — 3:00PM**, at **845-692-9900**. ANY OTHER TIME GIVEN PRIOR TO THIS DATE IS A TENTATIVE TIME. If your surgery is scheduled on a Monday, please call the Friday before.
- **YOUR SURGERY DATE IS _____**. It is very important that you arrive promptly at the time instructed by the Hudson Valley Ambulatory Surgery staff.
- If you are unable to make the scheduled appointment or you are going to be late, please contact the appropriate office to reschedule.
- **PLEASE BRING YOUR INSURANCE CARDS AND A PHOTO ID.**
- It is important to check with your insurance company regarding the anesthesiologist fees for your surgery. Please call ORANGE ANESTHESIA at 845-343-6216 if you have any questions.
- Please fill out and bring your Anesthesia History Form.
- Any co-pays and/or deductible fees are your responsibility and will need to be paid on the date of service unless your insurance company states otherwise. Our billing department will contact your insurance company regarding any preauthorization, deductibles, and/or co-pays for the surgery.
- **DO NOT TAKE THE FOLLOWING MEDICATION ONE WEEK PRIOR TO SURGERY:** Aspirin, vitamin E, ibuprofen. **NO** herbal teas/medications, **NO** pain or anti-inflammatory medications. Avoid alcohol and smoking 24 hours prior to your surgery.
- **DO NOT EAT OR DRINK, INCLUDING WATER, AFTER MIDNIGHT.**
 - BLOOD PRESSURE MEDICATION and HEART MEDICATION can be taken the morning of surgery with a small sip of water.
 - PEOPLE WITH DIABETES may need to adjust their insulin dosage the morning of surgery. PLEASE CONSULT WITH YOUR DIABETES TEAM AND DISCUSS WITH YOUR ANESTHESIOLOGIST.
- **CALL THE DOCTOR IF . . .**
 - You develop a fever, rash or cold. Your doctor may want to postpone your procedure.
 - You are taking diet pills.
 - You are taking any pain medications. Pain medication can increase bleeding. You **can take** Tylenol/acetaminophen.
- If you are taking a blood thinner such as Coumadin, please inform your doctor or anesthesiologist.



- Shower or bathe the morning of your surgery. Do not wear any deodorant, perfume, lotion and powder. You may brush your teeth and gargle on the morning of surgery, but be careful not to swallow any water.
- **Do not wear make-up or jewelry (especially mouth rings and studs). Hudson Valley Ambulatory Surgery is not responsible for any lost jewelry.** Remove dark nail polish and hair adornments before surgery.
- Wear loose, comfortable clothing and flat shoes. Contact lenses and/or glasses should be removed and placed in a case for safekeeping prior to surgery.
- **PATIENTS MUST HAVE SOMEONE DRIVE THEM HOME AFTER SURGERY. IF YOU ARE PLANNING ON TAKING A CAB HOME, YOU MUST HAVE A FRIEND OR FAMILY MEMBER COME WITH YOU.** *If you do not speak English, you must be accompanied by someone who can translate for you.*
- **NO PATIENT WILL BE DISCHARGED FROM THE FACILITY UNLESS ACCOMPANIED BY AN ADULT.**
- Out of consideration for all our patients, we ask that only **ONE** responsible adult accompany you to Hudson Valley Ambulatory Surgery. Do not bring children with you.
- **WE ARE LOCATED AT 75 CRYSTAL RUN ROAD, MIDDLETOWN, NY. [[Link to Directions and Map](#)] PLEASE PARK IN THE BACK PARKING LOT, COME INTO THE WESTAGE BUILDING, AND TAKE THE ELEVATOR TO THE 2ND FLOOR, ROOM 225.**

THANK YOU.