



General Outpatient Procedures Pre-op and Post-op Instructions

Before the Procedure:

The night before the procedure please drink several glasses of water for hydration. You will then have nothing to eat or drink except your medications after midnight. Diabetics on long acting insulin should only take one half of their evening dose.

Take a shower the morning of the procedure and wash with an antibacterial soap. Do not apply lotion, cream or oils.

Do not wear make-up, jewelry or fingernail polish

Wear comfortable loose-fitting clothing.

Please notify us in advance if there is any change in your clinical condition.

A driver will be required to accompany you to the procedure and provide transportation home. You will not be able to drive or operate heavy machinery for 24 hours.

After the Procedure:

Most procedures take more than one hour to perform. Plan on being in our center following the procedure for a period of time for monitoring.

You will have bandages at the access sites that apply light compression. You may remove them in the evening before bedtime and replace them with a small band-aid to cover the puncture site.

It is normal to have some light reddish drainage on the first bandage removed. If there appears to be active bleeding, apply firm pressure to the site for 15 minutes and call us immediately or proceed to the nearest Emergency Department. Mild bruising at or near the puncture site may occur. Please call us immediately or proceed to the nearest Emergency Department if the bruising gets larger or feels firm.

You may shower and allow clean water to run over the incision site after 24 hours. Do not soak in tubs, pools etc. for 2 weeks. Please resume your normal activities as soon as you are able. Frequent light walking is recommended; however, heavy exercise is not recommended for 1 week.

Call our office right away if you develop redness at the incision site, drainage, increase in swelling, or fever above 101.

A physician is available on call 24 hours a day. Please call our office immediately if you experience any clinical change.