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## INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE

**\*\*\* You must have a responsible adult to drive you home after your procedure. You will not be allowed to leave alone or unaccompanied in a taxi/uber/Lyft etc. RideSource is allowed.\*\*\***

Please bring the following to the surgery center the day of your procedure:

- A copy of your insurance card
- Drivers license
- Wear comfortable loose clothing.
- If you have been prescribed post op pain medication, please bring it with you.
- If you have been prescribed a brace for post op, please bring it with you to your surgery.
- Bring a case for you glasses, dentures, hearing aids, etc.
- If you have a spinal cord stimulator, please bring your remote with you to the surgery center.

Do Not eat solid food or drink milk eight (8) hrs prior to your surgery. You are allowed clear liquids up to 4hrs prior to your check in time.

CLEAR LIQUIDS- Apple/cranberry juice, popsicles, water, tea/coffee NO CREAM

\*Please let the surgery center know ASAP if you have any of the following:

- You are pregnant or may be pregnant
- Have a history of bleeding disorders
- Recent infection
- Recent ED visit/Hospitalization
- Are taking antibiotics for an active infection
- Have an allergy to lidocaine/Marcaine, steroids, contrast dye

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