



Appointment Date: _____

Appointment Time: You will be given an arrival time the business day before your scheduled procedure by the staff at Castle Rock SurgiCenter.

Castle Rock SurgiCenter is located at 4700 Castleton Way, Castle Rock, 80109. **720-519-1418**

INSTRUCTIONS FOR SURGERY

What happens after the surgery?

Immediately after the procedure you will go to a recovery area where you will be monitored. The surgeon will update your family after the surgery as you will be under the effects of anesthesia.

General Pre and Post Procedure Instructions:

- You will be required to have a friend or family member, 18 years or older, drive you home and stay with you for 24 hours. **For your safety**, you will not be able to drive or be alone for 24 hours after the procedure. The procedure will not be performed if you do not have a driver. Please inform your ride that they will receive text message updates when you go to surgery and when you come out.
- You will need to bring a picture ID, your insurance card, and a form of payment if applicable. Please leave all other valuables at home.

PLEASE FOLLOW YOUR SURGEON'S OR SPECIALIST'S INSTRUCTIONS REGARDING MEDICATIONS:

- Please CONSULT WITH your cardiologist or prescribing physician before stopping blood thinners.
- **7 days before surgery STOP** all weight loss medications including phentermine, Ozempic, Wegovy and Mounjaro.
- **5 days before surgery STOP** all non-steroidal anti-inflammatory medications (i.e. Advil, Aleve, Ibuprofen, Mobic, Motrin, Naprosyn, Relafen). **STOP** fish oil, Omegas, and Vitamin E.
- **3 days before surgery STOP** Jardiance, Farxiga, Invokana, Synjardy, Steglatro, Brenzavvy and Inpefa.
- Take your blood pressure medications (beta blockers or calcium channel blockers only) the day of the procedure with a **tiny sip of water**.
- If you are a diabetic, please contact your physician who manages your diabetes regarding your medication.
- Depending on your health history, you may be required to obtain clearance for surgery from your primary care physician or specialist.
- Do not eat at least 8 hours prior to your check-in time. Do not drink at least 4 hours prior to your check-in time; **NO WATER**, gum, hard candy, mints, or ice chips.
- Wear loose comfortable clothing, no jeans. LOCAL procedures will need to change into a gown for surgery.
- Remove all jewelry (body piercings, earrings, wedding rings), makeup and contact lenses.
- Shower the night before or the morning of surgery with an anti-microbial soap (Lever or Dial).

If you need to reschedule this appointment, please call your surgeon's office at least 24 hours in advance.

Thank you for choosing Castle Rock SurgiCenter.