



## **OUT-PATIENT SURGICAL INSTRUCTIONS**

Your procedure will be done at the Ambulatory Surgery Center (ASC) located at 1010 First Street North. Parking is available behind the Surgery Center and in the NORTH parking deck. From the parking lot, enter the building using the covered entrance and follow the signs to Suite 140 for Admitting and Waiting. If you park in the deck, take the deck elevator to level C. Follow the covered sidewalk into the Surgery Center and follow the signs to Suite 140 for Admitting and Waiting.

An adult driver must arrive with you AND remain at the facility on the day of your surgery. After surgery, your driver will meet with Dr. Cotter and be provided any post-op instructions and prescription medications. MOST IMPORTANT, your driver will be responsible for driving you home once you have been released. Please note: CHILDREN UNDER THE AGE OF 12 ARE NOT PERMITTED IN THE SURGERY CENTER.

Please be sure that we have your most current contact information on file. You may consider providing two points of contact, a primary AND a secondary phone number.

The ASC will contact you the business day prior to your scheduled surgery to tell you when to arrive. IF you have not heard from an ASC nurse by 3:30, please call the ASC at 620-8400 (press "0" when prompted) and ask to speak to the pre-admissions nurse. Cotter Plastic Surgery will not have your "day of surgery" arrival times; all surgery schedule times are determined by the ASC.

## **MEDICATIONS**

GENERALLY, blood pressure, heart and seizure medications may be taken in the morning on the day of surgery with a SMALL sip of water.

-INFORM our office if you are taking any DIET PILLS OR MEDICATION FOR ADD/ADHD, these are generally stopped two weeks prior to surgery if possible.

LET OUR OFFICE KNOW IF YOU ARE CURRENTLY TAKING ANY BLOOD THINNERS including Coumadin, Plavix, Xeralto, Indocin, Ticlid or aspirin as we will need a clearance from your Cardiologists and/or Primary Care Provider to regulate your blood thinner PRIOR to your surgery.

IF YOU HAVE ANY QUESTIONS in regards to your medications call our office directly at 205-664-4630.

## **REMINDERS**

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON THE EVENING PRIOR TO YOUR SURGERY.

BRING YOUR CURRENT INSURANCE CARD(S) AND DRIVER'S LICENSE WITH YOU FOR ADMISSIONS.

TAKE A SHOWER WITH ANTIBACTERIAL SOAP THE MORNING OF YOUR SURGERY.

AVOID MAKE-UP AND BODY LOTION.

LEAVE JEWELRY AND ALL VALUABLES AT HOME. EYEGLASSES, CONTACTS AND BODY PIERCINGS SHOULD BE REMOVED BEFORE GOING INTO SURGERY.