

Pre-Operative Instructions for SURGERY

- The Surgeon's Office will notify you at which location you are scheduled to have surgery, either Geneva General Hospital or Finger Lakes Surgery Center.
- Surgical Patients will receive a phone call the afternoon prior to surgery, from the site your surgery is scheduled to take place. The FLH patient portal **identifies the time you are scheduled for surgery**. The time provided on the phone call is the **arrival time**, which is approximately 1 ½ to 2 hours before your scheduled surgery time.
- If you do not receive a call by 3:00 pm the day prior, please call 315-787-4533 for Geneva General Hospital or 315-230-5505 for the Finger Lakes Surgery Center Monday - Friday to get further instructions between the hours of 06:30 a.m. and 4:30 p.m..
- All patients must have an adult, over the age of 18, who can act on the patient's behalf in the unlikely event of an emergent situation where the patient is unable to act on their own behalf. The responsible adult must be immediately available by phone at a minimum. After Surgery, the patient is **not** allowed to drive and a responsible adult must accompany the patient when discharged. A hired transportation service requires a second responsible adult to care for the patient during transport.
- A parent or legal guardian must accompany minors under the age of 18 on the day of surgery to sign surgical and anesthesia consents. Recognizing that families have various dynamics, please contact Geneva General Hospital at 315-787-4533 or Finger Lakes Surgery Center at 315-230-5505 in advance, if the legal custodian of the child is not going to be present on the day of surgery.

General Instructions for the Day of SURGERY

- Stop eating a full meal 8 hours prior to your arrival time.
- Stop eating a light meal, milk and pulp juices 6 hours prior to arrival time. Formula fed babies must stop milk 6 hours prior to arrival time.
- Light meal consists of:
 - One slice of toast with butter.
 - One egg and one slice of toast.
 - One (1) cup of hot cereal.
 - Do **not** eat any nuts or nut butters.
 - Do **not** eat meats or fried foods.
- Nursing babies must stop breast milk 4 hours prior to arrival time.
- **Clear fluids** (water, black coffee, clear juice, carbonated beverages) must stop 2 hours prior to your arrival time.
- **Do Not** drink any alcohol or smoke/vape any type of tobacco products within 24 hours.
- Take all **medication** as instructed by your ordering physician prior to your arrival time with a sip of water. Bring a list of medications with dates and times of the last dose.

- Dental hygiene as normal. Shower with an antibacterial soap, such as Dial or Safeguard, the night prior to your surgery. Hair spray is flammable and must be washed from the hair. Remove all nail polish and make-up.
- To avoid having rings cut off on the day of surgery, remove all rings, piercings and other jewelry. Dentures and hearing aids will likely need to be removed, therefore have a container or receptacle to hand over to your immediate support person.
- Wear loose, comfortable clothing. For upper extremity surgeries (shoulder), wear a button down shirt. Wear glasses, not contacts.
- It is critical that you notify your surgeon in advance if you are experiencing cold symptoms, such as fever, sore throat, or any type of infection.
- Assess your skin near the expected operative site and if there is any redness, rash, blisters or laceration, please contact the physician's office in advance immediately.
- Prior to your surgery/procedure, please contact your insurance carrier for coverage information. Pre-authorization may be required. Please contact Patient Accounts to discuss payment options at 315-787-4150. Assistance is available for those that qualify. Please be aware that you may receive up to three different invoices, one from the physician, one from the hospital and one from anesthesia. If your procedure does not require the services of anesthesia, then you will not be billed.