

Endocrine & Oncologic Surgical Associates  
Medical City Denton Professional Office Building  
3537 South I-35 East Suite 218  
Denton, TX 76210  
(940) 380-8040

## PRE OPERATIVE INSTRUCTIONS

SURGERY DATE \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

### LOCATION

1. MEDICAL CITY SURGERY CENTER DENTON  
3316 Colorado Boulevard  
Denton, TX 76210  
Preadmission phone (940) 349-5510  
Register at [www.medicalcitysurgerydenton.com](http://www.medicalcitysurgerydenton.com)
2. MEDICAL CITY DENTON MAIN HOSPITAL  
3535 South I-35 East  
Denton, TX 76210  
Preadmission phone (940) 384-3607  
Register in person
3. TEXAS HEALTH PRESBYTERIAN HOSPITAL IN FLOWER MOUND  
4400 Long Prairie Road  
Flower Mound, TX 75028  
Preadmission phone (469) 322-7173  
Register in person

1. No aspirin or fish oil a week before surgery. No Coumadin or Plavix 5 days before surgery. No Xarelto 3 days before surgery. Patients will check with office if Lovenox is required.
2. Discontinue all herbal supplements, diet pills, or vitamin E pills. Regular multivitamins are fine.
3. Discontinue or reduce as much as possible tobacco and alcohol use the week prior to surgery.
4. The office will call you prior with your expected financial responsibility. Although the office will assist with financial planning with facility of choice, ultimately that responsibility is up to the patient. Please do not wait until the day of the procedure to make financial arrangements with hospital or surgery center.
5. Understand that scheduling surgery is an important contract between you and your surgery team. Cancellation of surgery affects not only you, but other patients, and the entire surgery team. Cancellation of surgery will incur a \$100 fee given the huge undertaking of rescheduling other patients and sometimes other facilities.
6. You will be called by a clinical staff member from the office the day or two before surgery to answer any questions. Prescriptions for pain, nausea, and thyroid medication (if indicated) will be called in to your pharmacy of record. Please clarify which pharmacy is on your chart.
7. You will be asked to arrive at least an hour before your scheduled procedure. Please allow for weather, traffic, and construction. Consult google maps or the waze app for traffic patterns. Being late delays the surgeon, the physician assistant, the circulating nurse, the scrub nurse, the anesthesiologist, and the patient having surgery after you.
8. If you are a woman under the age of 50 and have not had a tubal ligation or hysterectomy, you will be asked to provide a urine specimen on the day of surgery for urine pregnancy test. If you are pregnant, you will be asked to reschedule the surgery. Cancellation fee will be waived as we will all feel very sorry for you.
9. The night before the surgery, there is nothing to eat or drink after midnight. There are two exceptions. If you take any prescription medications, those can be taken with a small sip of water. This is very important, especially if those medications are for high blood pressure. The second is tooth paste for brushing the teeth. No candy, gum, mints, or coffee.
10. If you wish to wear underwear, it must be 100% cotton. Bras will be removed. Socks may be worn as the operating room is cold. Loose fitting comfortable clothes are best for after surgery. If you have to wear a pad for any reason or tampon, that is fine. If

- you were wearing underpants at the beginning of surgery and are not at the end, you will know that garment was discarded and that no one is judging you.
11. All jewelry is best left at home. If piercings cannot be removed safely or the wedding ring just won't budge, you will be asked to sign a waiver and the jewelry will be taped for the procedure.
  12. Long hair is best braided or kept in a low ponytail at the nape of the neck. We want your hair to fit inside the surgical cap and the head to lay flat. Remove all hairpins and metals clips. Advise if there are hair extensions.
  13. It is best not to wear make up. If you feel that you cannot leave the house without something, do not blend it over the surgical site and go easy on the eye makeup. You will inform the anesthesiologist if you have eye lash extensions or fresh microbladed brows that need special attention.
  14. Please shower and shampoo your hair on the day of surgery. Deodorant is always appreciated.
  15. Do not wear contacts on the day of surgery unless you have no other alternative. If you do wear contacts, bring necessary container and solution to store them.
  16. Be advised that all removable dental work will be removed prior to surgery. We will work with you if self-conscious and will not allow family to see you without your teeth. We do not want to have your teeth in your airway so please be forthcoming for any dentures, partials, or bridges.
  17. Diabetic patients will have blood glucose checked prior to the surgery and surgery will be canceled after consultation with anesthesia for the patient's own safety if blood sugar is significantly elevated. Monitor blood sugars prior to surgery and check with PCP if there is concern.
  18. Make sure that all FMLA paperwork and necessary work excuses are done through the office. Do not hand your papers to the surgeon right before your operation.
  19. If English is not your preferred language, please bring an adult with you to translate or notify the facility prior to your surgical date so that translator can be arranged.
  20. Verify that the office has your best contact phone number and then answer that phone on that day of surgery. It is imperative that we be able to reach you. Charge your phone the night before and bring charging cable with you.
  21. Understand that you will not remember most of your surgical day. Bring someone that you trust to be your ears and brain.