



460 State Road 7
Royal Palm Beach, Florida 33411
561.792.7333

PRE-PROCEDURE INSTRUCTIONS

Do not eat or drink anything after midnight the night before your procedure (including coffee and water).

Do not smoke, chew gum or tobacco, or eat mints or candy the morning of your procedure.

If you are taking medications for your heart, blood pressure, seizure, reflux or asthma (bring inhalers) they should be taken early on the morning of your procedure with a VERY SMALL sip of water. If you are on insulin, please get specific instructions regarding dose for the day of the procedure from the prescribing physician and bring your insulin with you.

You may brush your teeth and rinse.

Wear loose fitting clothing.

Please bring photo identification and insurance cards, if applicable. Please leave all valuables and jewelry at home. If you need your glasses or contact lenses, please bring a case to put them in.

You must have someone drive you home. Don't make any additional plans on the day of your procedure. All patients receiving sedation or anesthesia are advised to have someone stay with them for the first 24 hours. **You should not be alone.**

Discontinue all Aspirin products, anti-inflammatory medications, supplements and any diet medications.

If taking Plavix or Coumadin, consult the prescribing physician to see if you are able to discontinue use for 5-7 days prior to your procedure/surgery.

If you become ill between now and your procedure, please notify the Palms Wellington Surgical Center. (561) 792-7333.