

Pediatric Outpatient Surgery Pre-operative Instructions

- **Clearance from your pediatrician will be required if:**
 - You have health condition(s) that require regular monitoring
 - You take blood thinners prescribed by a doctor
- **Over-the-counter meds:** Starting two weeks prior to surgery, please avoid:
 - Aspirin or Aspirin-like products including: Advil, Motrin, Aleve, Ibuprofen, Naproxen, Bufferin, Alka-seltzer.
 - Herbal remedies and multi-vitamins such as Vitamin E, Garlic, Ginseng, Gingko Biloba, etc.
- To reduce the risk of complications during anesthesia, your child must stop eating and drinking for a period of time prior to surgery. The simplest and safest rule is this: **no drinking or eating anything for 8 hours prior to surgery.** However, if your child is **under one year of age** and can't tolerate not eating for 8 hours, please follow the guidelines below.
 - **Clear liquids:** Stop 2 hours before surgery (Water, grape or apple juice)
 - **Breast milk:** Stop 4 hours before surgery
 - **Infant formula:** Stop 6 hours before surgery
 - **Solid food:** Stop 8 hours before surgery
- **Date/Time/Hospital**
 - Our surgical coordinator will inform you of the date and location of your surgery; exact time of the procedure will be at the hospital's discretion and will usually be determined the day before. Please keep in mind that the hospital will ask you to arrive up to one to two hours before the planned time of surgery.
- **After your surgical procedure:**
 - Please arrange between 2 to 7 days off from school, depending on the type of procedure your child will be having
 - An instruction sheet regarding post-operative care will be given to you, and you will have a chance to discuss these instructions with Dr. Hidaji.
 - Our office will contact you shortly after surgery to check on your progress and to schedule your first post-operative appointment 1-2 weeks following surgery.

Please call us at 901-754-3937 if you have any questions about your surgery.

Parent/Guardian Date Witness Date