



**Aspen Medical Group, Inc.**

www.aspenmedgroup.com

**PRE-OP INSTRUCTIONS AND INFORMATION**  
**INPATIENT and OUTPATIENT SERVICES**

You have been examined by our doctor and have been fully informed of the type of surgery you are to have. If you have any questions, please do not hesitate to ask. You will be admitted to the hospital on your surgery date and be discharged that same day, depending on the type of surgery. Although we do not foresee any complications, arrangements will be made to accommodate you should they arise. We hope that the following information will be of help and that your stay under our care is as pleasant as can be.

1. Arrive at the hospital/surgi-center 2 HOURS prior to the scheduled surgery time on the day of surgery. You should have pre-registered at least 72 hours (3 days) prior.
2. **DO NOT** eat, drink or smoke, chew gum or put anything in your mouth for at least 8 HOURS prior to your scheduled surgery time.
3. **DO NOT** take any medications, unless prescribed by your doctor. If you do take medication, be prepared to let the doctor/nurse know what medication you took, what time you took it and how much you took.
4. You will need to arrange for someone to drive you home. You **CANNOT** take public transportation or drive yourself home. **NO EXCEPTIONS!**
5. Make sure you have all your insurance information and picture identification with you.
6. Please bathe or shower before coming to the hospital/surgi-center for admission. Leave all jewelry and valuables at home. **DO NOT** wear contact lenses, make-up or nail polish.
7. Wear loose clothing that is easy to remove and put on. If you should catch a cold or infection please call our office immediately.
8. Be at the hospital 2(two) hours before scheduled time unless otherwise instructed by the hospital admission clerk. The day of surgery, go back to admitting, they will direct you where you need to go.
9. If you are a breast-feeding mother, it would be advised to express enough milk to feed the baby for approximately 24 hours (depending on the type of surgery).

**FEES:**

1. The surgeon's fee is determined by the type of surgery you are to have and on any complications that may arise. Our office personnel can give you an approximation of costs. Depending on your type of insurance, your percentage(%) needs to be paid before your surgery is performed, unless prior arrangement has been made.
2. You will receive separate charges from the hospital, lab, anesthesiologist and assistant surgeon.