

Surgical Information Checklist

If your surgery is selected to be performed at **Lenox Hill Annex (Old Manhattan Eye, Ear, & Throat Hospital)**. This is located at **210 East 64th Street between 2nd and 3rd Avenue in Manhattan.** Tel: 212-838-9200

Prior to Surgery

- Ensure that medical clearance and tests have been performed by your medical doctor and that the results of these have been made available to our office. Tests should be done within 30 days of surgery- no less than 10 days. **The results should be faxed to 212-434-2844 no later than 72 hours prior to surgery date. To be sure the results are available on time please see your medical doctor at least 10 days prior to surgery.**
- A **surgical consent form** must be signed prior to having surgery. You will be asked to sign one at my office when you book surgery or the consent form may be mailed to you for signing. If sent to you by mail please sign and return to my office via mail.
- Have your pharmacist fill your pain medication prescription so that it is available for you at home immediately after surgery – If you have not been given a prescription, please call the office prior to your surgery so that one can be made available.
- **Please do not eat or drink anything (not even water) after midnight on the night before surgery.**
- You may take your usual medications on the night before surgery and also on the morning of surgery with a *small* sip of water.
- **Please do not take any aspirin or anti-inflammatory medications (advil, aleve, motrin, asperin, excedrin, etc) for 7 days prior to surgery. It is OK to take Tylenol.** If you have any questions regarding medication please contact the office.
- The nurse from the hospital will call you when the O.R. schedule is finalized to let you know what time to arrive at the hospital. This is generally done **the day before your surgery date**. If you wish to call for the schedule use the following numbers.
 - Lenox Hill Annex (Manhattan Eye Ear & Throat) call 212-605-3747 ask for the nurse.
 - Lenox Hill Hospital surgery call 212-434-3450 ask for the nurse. – ***If you have not heard from someone by 3 PM on the day before surgery, please call our office before 5:00 PM.***

Day of Surgery

- Anesthesia questions and options can be discussed in detail with your anesthesiologist on the day of surgery. If you need to talk to an anesthesiologist prior to the day of surgery you can call the **Department of Anesthesia at (212) 434-2890**.
- Wear loose clothing. Remove nail polish. Remove jewelry.
- Bring any copies of x-rays / MRIs / CT Scans that you may have in your possession.
- Any required postoperative shoes, boots or walking aids will be provided for you at the hospital after surgery.
- Physical therapy for crutch walking will be provided at the hospital on the day of surgery.
- **You do not need to bring your pain medications with you.**

LenoxHill Hospital

Pre-Operative Instructions

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY

- 1. Arrange for an Escort:** For your safety you should arrange to have a responsible adult accompany you home after surgery.
- 2. Preoperative Telephone Instructions**
 - *All Ambulatory Minor Surgery and Same Day Admission Adult Patients:**
We request that you call our preoperative instruction hotline the day before surgery (Monday-Friday) between the hours of 1:00 p.m.-6:00 p.m. You will be instructed to leave your name, Day of Surgery, and telephone numbers where you can be reached until 8:00 p.m. and we will return your call as soon as possible. (Remember to speak slowly & distinctly and spell you last name.)
 - The nurse will review with you your medical history and give you instructions on what time to stop eating and drinking and what medication(s) you should take before the procedure. The nurse will also tell you when and where to report on the day of your surgery.
Phone (212) 434-3450 for all ambulatory and minor surgery. Phone (212) 434-3028 for same day admission.
 - In-patients (Patients admitted the day before surgery)**
The admitting Department will call you on the morning of your admission to confirm the time of your arrival to the hospital
- 3. Follow Fasting Instructions** provided by the nurse during your telephone interview. You must not have anything to eat or drink after 12 midnight the night before surgery, unless otherwise instructed by the nurse.
- 4. Arrange to have someone available to assist you at home during you recuperation.** You **may** need some assistance with cooking, dressing, or any other activities as needed.
- 5. If you take any medications,** (prescribed or non-prescribed) please ask your physician if you should stop them for a period of time before your surgery. *Note:* If you have been instructed to take a specific medication prior to surgery, do so with minimum amount of water.
- 6. No Eye Makeup:** Mascara has been known to cause eye injuries in heavily sedated persons such as those under anesthesia.
- 7. Do Not Wear Contact Lenses:** Leave them at home and wear your glasses instead
- 8. Leave all Valuables at Home,** including jewelry, money and credit cards.
- 9. If you develop a Cough, Cold or Fever** please call your surgeon as soon as possible prior to your surgery. It is sometimes necessary to reschedule surgery when a cold or fever develops.
- 10. Surgery for Children:** Please be prepared to remain at the hospital until your child has been discharged. If you are escorting a child and driving, it is necessary to have a second adult person present to assist you in safely bringing your child home after surgery.