



PORT JEFFERSON SURGERY CENTER, LLC
1500 Route-112 Building 3, Port Jefferson Station, NY 11776
Hours of Operation: 7am-5pm, Monday-Friday
Phone (Main): (631) 828-5555
Pre-Registration/Reception: (631) 828-5555 ext. 301 and ext. 302
www.portjeffsc.com

Pre-Admission Instructions for Surgical Patients

Receiving Anesthesia

- **Do not eat or drink anything**, including water, hard candy, chewing gum, breath mints or chewing tobacco **after midnight** the night before your surgery, unless otherwise directed.
- **It is okay to shower and brush your teeth** the morning of your surgery.
- **Wear loose, comfortable clothing.** If you are having a shoulder surgery, please wear or bring a large button down shirt for after surgery.
- **Leave all your valuables at home** – including wallet, money, jewelry, and laptops. We cannot be responsible for their safety.
- **Please remove all metal piercings and jewelry.**
- **Bring a case for your contacts, glasses and dentures.**
- **Bring your post op pain medication with you**, if possible.
- **Bring inhalers** with you if you have asthma or emphysema.
- **Bring your CPAP or mouth piece** if you use one at home for sleep apnea.
- **If you take insulin**, bring your insulin and syringes with you.
- **Do not wear any lotion or makeup** on your face or body the day of your surgery.
- If you have a **latex allergy** or if you think you **may be pregnant**, please call Port Jefferson Surgery Center as soon as possible at (631) 828-5555.
- **Do not take any medications containing aspirin, vitamin E, fish oils, omega fatty acids, herbs, or weight loss products** for at least seven (7) days prior to the procedure. If you have taken any of these, please inform your surgeon as soon as possible.
- **If you take blood thinning medications for your heart**, like Aspirin, Coumadin or Plavix, contact your cardiologist or primary care physician for guidance regarding when you should stop and restart your medication.
- **Bring a photo ID** (minors do not need ID, but primary insured party does need to bring theirs), **your insurance card** (if appropriate), and your **form of payment** (if required).
- **Bring your folder** if your surgeon gave you one in the office.



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- **A responsible adult** must accompany you to Port Jefferson Surgery Center and be available to both drive you home **and** stay with you through the night. Parents of children absolutely cannot leave while their child (minor) is at the facility - they must remain in the waiting area.
- **You may not take a taxi, bus or any form of public transportation** home by yourself – you may do so only if you have a responsible adult with you.
- **Taking photograph or videography is prohibited.**
- **For pediatric patients**, parents must stay at the center at all times during their child's surgery.
- **Port Jefferson Surgery Center does not provide crutches.** If you are having leg, knee, ankle or foot surgery, your surgeon may require crutches. If so, please arrange to have them prior to your surgery and bring them with you so we may ensure proper fit and use. You may also try your local community service organizations such as a Senior Center or Goodwill.
- **If your surgeon pre-arranged for any durable medical equipment** - such as an ice machine, brace, boot or sling – bring these with you.
- Call your surgeon's office **if you develop a cold, sore throat, fever or any other illnesses** that occur within a few days of your surgery.
- Feel free to bring reading material or your own digital music and headphones.
- **If you have any questions regarding your procedure, please contact your surgeon's office or Port Jefferson Surgery Center at (631) 828-5555.**



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Pre-Admission Instructions for Surgical Patients

Receiving NO Anesthesia

All the above guidelines for surgical patients receiving anesthesia remain the same, except for the following changes:

- **It is okay to eat and drink the day of your surgery.** Please do not have a heavy meal just prior to arrival.
- **You may drive yourself home after the procedure.** A responsible adult does not need to accompany you to Port Jefferson Surgery Center.
- **You may take a taxi, bus or any form of public transportation** home by yourself.