



Please check-in 15 minutes prior to your appointment.

PRE-OPERATIVE INSTRUCTIONS

Your comfort and well being are of the utmost importance to our practice. Please review and strictly follow the enclosed instructions for your surgery.

1. Please do not eat or drink anything (including water) for six hours prior to your surgery, avoid heavy meals the night before surgery.
2. A responsible adult must accompany you for the surgical procedure and accompany you home. Your driver must **come** into the office and be present during surgery.
3. Please make sure you and your driver wear your masks at all times. Before the surgery begins the patient will be asked to remove their mask. Also we ask no one other than your driver accompanies you to this surgery appointment. This allows for social distancing. Absolutely no kids.
4. If you take daily prescription medications, please take your medications (with just enough water to swallow them) according to your medical doctor's directions unless Dr. Krakowiak or Dr. Nielsen advises you differently. Medications taken for diabetes to lower blood sugar should not be taken before the surgery unless indicated by Dr. Krakowiak or Dr. Nielsen.
5. If you have an artificial joint, a heart valve replacement, heart murmur, or a prolapsed heart valve, take your antibiotic pre-medication according to your physician's recommendations.
6. Minors must be accompanied by a parent or legal guardian.
7. Clean your teeth and mouth prior to surgery.
8. Wear loose fitting clothes and a shirt with short sleeves. Flat comfortable shoes are recommended.
9. Contact lenses are not to be worn during surgery.
10. Ladies – If you think or know you are pregnant, please contact the office to discuss the proposed treatment and medications.
11. Do not take any sedatives, narcotic pain medicine in the morning of surgery unless specifically advised by Dr. Krakowiak or Dr. Nielsen.

If you have any questions regarding your surgery, medications, diet or treatment protocols **PLEASE** call us at (951) 698-4681 prior to your surgery date to have those questions answered. We look forward to serving you and providing you with the highest caliber of advanced and compassionate surgical care. If you are unable to keep your surgical appointment, please give us a 36 hour notice or your surgical booking fee will be non-refundable.

NOTICE: No photo or video recording allowed in our office.