



Somerset Surgical Associates

Your scheduled surgery (with local anesthesia) at Raritan Valley Surgery Center

You do not need to fast.

You may drive home after your surgery.

Avoid aspirin and non-steroidal inflammatory drugs (NSAIDs) for one week prior to surgery.

For blood thinners you are routinely taking, such as Coumadin (warfarin), Plavix (clopidogrel), Arixtra (fondaparinux), or any other coagulation/platelet inhibitor, confirm with your prescribing doctor if it is permissible for the medication to be stopped and also speak with your surgeon as to when it should be stopped.

When you are scheduled for surgery, your start time for surgery will be approximate. The day before your surgery, you will be told when to report to the surgery center **by the surgery center**. If you have not heard from them by 2 p.m., please call (732) 560-1000. Please provide our office with a main telephone number where you would like to be called. If someone other than yourself is going to receive information regarding your surgery, please inform us and provide us with the necessary contact information.

Occasionally, the operating room will run ahead of schedule. On the day of your surgery, you should be available at any time in case changes need to be made with your scheduled surgery time. Conversely, we regret that the operating room sometimes runs behind schedule, so you may be required to wait longer than previously expected. Feel free to bring reading material for your entertainment while you wait. If the schedule is running significantly behind and you have not yet arrived to the hospital, you should be available at any time to receive notification about the delay.

For other information, you may visit the surgery center's website: <http://www.raritansurgery.com>

After Your Surgery:

You may be given a prescription for pain medication. Typically, pain medication will dull the pain, but it will not completely eradicate it. You will be limited as to how much you can take. As with all recommendations by a physician, it is imperative that you always follow the instructions on the label.

There should be an expectation to have pain after surgery, especially at the incision sites (that are underneath the bandages). The degree and the duration of pain vary with each individual and the type of surgery that was performed. Although certain procedures require small incisions, you can still have significant pain even after "minimally-invasive" surgeries. A good rule of thumb is not to expect to feel as if you never had surgery. Your incision will likely go through muscle, there may be a lot of pulling and tugging around the muscle during surgery, and it will therefore hurt. It is possible that you will still feel effects of the surgery such as pulling or sharp pains many months to years after surgery.

For wound care, it is not unusual to develop a reaction to the adhesive from the bandage. Should you develop a reaction, such as a rash or blister, call the office for further instructions.

Your scar may feel thick for several months after the surgery. It will eventually soften over time, usually by 4 to 6 months, unless you are prone to keloids. There are no guarantees as to the cosmetic outcome of any scarring after surgery. Also, the area immediately around the surgical site may have varying degrees of deformity which cannot be accurately predicted.

If you need immediate assistance for an emergency, call 911 or go to your nearest hospital's emergency room.

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