

**MYRON H. HANSEN, DPM, PLC**  
1880 W. Frye Rd., Bldg F, Suite 3 Chandler, AZ 85224  
(480) 889-2905

**IMPORTANT AFTER HOURS NUMBER:**

Dr. Hansen – (602) 363-8703 cellular phone

**Preparing for your Surgery**

- 1 Do not eat or drink **ANYTHING** after midnight or 8 hours prior to surgery, unless otherwise specified by your physician. Eating or drinking after this time could result in serious complications and your doctor may choose to cancel surgery for that day.
- 2 Do not smoke for 12 hours prior to surgery and refrain from any alcohol consumption for 48 hours prior to surgery.
- 3 You may bathe or shower normally before your scheduled surgery.
- 4 Wear casual or comfortable clothing. Do not wear any make-up or nail polish. Please leave all valuables and jewelry at home.
- 5 If you are taking any medications, be sure to check with Dr. Hansen about whether to continue your normal dosage schedule. If so, be sure to tell the anesthesiologist what medications you are taking. It may be helpful to prepare a list of medications you are taking and bring it with you the day of surgery.
- 6 Should you experience any change in your physical condition such as cold, fever, persistent cough or rash, notify our office immediately.
- 7 Be sure to arrange ahead of time for a responsible adult to drive to and from the surgery facility.

### **The day of your Surgery:**

- 1 Plan to arrive at least one hour prior (some facilities require 2 hrs) to your scheduled surgery time and report to the admission clerk to have your information verified.
- 2 You will be asked to provide a list of medications you are taking so the anesthesiologist can be aware of your medication needs.
- 3 After your surgery is completed, you will be taken to the recovery area where you will have the attention of a specially trained recovery room nurse.
- 4 You will remain in the recovery area until you are discharged, by your physician. Be sure to get post-operative care instructions before leaving the facility. When possible, a family member or friend may join you.

### **After your Surgery:**

- 1 A responsible adult will need to drive you home and remain with you for at least 24 hours. Please do not drive or operate heavy machinery for at least 24 hours after your surgery.
- 2 Do not consume any alcoholic beverages for 24 hours after your surgery and/or for as long as you are on any narcotic medication.
- 3 It is recommended that you not sign any important documents for 24 hours after your surgery.
- 4 The incision site must be kept dry. If the incision is wet it may become infected. Dr. Hansen strictly advises against taking a shower/bath until otherwise instructed.

**Be sure to follow all of Dr. Hansen's written or verbal instructions carefully.**