**VR Surgical Associates, PA**

**Dr. Vincent A. Caldarola**

**GENERAL SURGERY**

**COLON AND RECTAL SURGERY**

(210) 614-3565

(210) 614-3563 (fax)

**BEFORE SURGERY INSTRUCTIONS**

Your surgery is scheduled at:

* Methodist Ambulatory Surgery Center – North Center (19010 Stone Oak Parkway – 575-5200)
* Methodist Ambulatory Surgery Center – Medical Center (4411 Medical Dr, Ste 200 – 575-4584)
* St. Luke’s Baptist Hospital (7930 Floyd Curl Dr – 297-5000)

on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Please **arrive** at the admitting office at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **Do not** **EAT** or **DRINK** anything after midnight the night before surgery. This includes water, ice chips, hard candy, and gum.
2. You must have someone drive you home from the hospital.
3. For lab work, COVID test and/or x-rays are needed, we may have your primary doctor order them or you may need to go into the hospital \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to get the lab/x-rays test(s) done. Please bring your Covid-19 vaccination card with you
4. Please leave jewelry and valuables at home. Wear loose, comfortable clothing. Limit your luggage. Do not wear any makeup. If you wear contact lenses, be sure to bring a container and your solution, as they must be removed before surgery.
5. Expect a call from the hospital admitting department to review your medical history and insurance. You may have to pay a facility fee, depending on your insurance and/or deductible; or you can also call the facility yourself, at the above number to inquire.
6. All blood thinners, including aspirin, must be stopped **five days** prior to surgery.
7. Day of surgery patient can only take their high blood pressure medication with a tablespoon of water
* Call Dr. Caldarola office **210-614-3565** **at least 48 hrs in advance** to notify us of any cancellations.
* **No call and/or No show patients will be charged a $100 fee for not giving a cancellation notice.**

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**AFTER SURGERY INSTRUCTIONS**

DOCTOR MAY NOT DISCHARGE PATIENT IN PERSON BECAUSE OF 23 HOUR TIME LIMIT.

1. For Lower Anterior Resection/Gallbladder/Hernia Surgeries avoid the following activities until Dr. Caldarola releases you during your post-op visit(s):
* No Lifting or Carrying
* No Squatting
* No Sweeping or Mopping
* No Overhead Activities
* No Pushing or Pulling of Force
* No Exercising
* No Driving
* No Intercourse
* No Climbing
1. ***If your post-op appointment is not on your discharge papers, please call the office to set one up appointment. You need to be seen in the office 5 to 10 days after your surgery.***
2. You may remove the bulky dressing the next morning. Do not remove steri-strips or glue (thin adhesive tape), if you have them.
3. You may shower and clean wound gently. If you have steri-strips/staples/sutures/glue, pat them dry and trim the edges of the steri-strips as necessary. They will be removed at your first post-op visit.
4. If you have redness around staples, you may apply hydrogen peroxide with a cotton ball or swab.
5. You may resume your usual diet – eat as tolerated.
6. For pain, you may take extra strength Tylenol. If this does not help, call your pharmacy to have the prescription you were given at discharged refilled. If you did not receive a prescription, please call the office.
7. Sometimes pain pills may cause constipation, so be sure to drink enough fluids. Dr. Caldarola usually recommends Ducolax tablets. Take 2 tablets every morning after surgery until your bowel movements are normal. DO NOT let constipation go beyond 3 days.

1. If any problems arise or if there are any questions, please call us immediately at **(210) 614-3565**.