



Michael J. Cross, M.D., F.A.C.S.
Surgical Oncology of the Breast

1792 E. Joyce Blvd. • Suite 1 • Fayetteville, AR 72703
(479) 582-1000 • Fax (479) 582-5724
www.breasttreatment.com

OUTPATIENT SURGERY INSTRUCTIONS

- **WHAT IS OUTPATIENT SURGERY?** This means you will arrive, have surgery, and go home- all on the same day.
- **IT IS VERY IMPORTANT THAT YOU DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.** This includes candy, gum, mints, chewing tobacco, etc. This is so that it is safe for you to go to sleep for surgery. Not adhering to this rule will cause your surgery to be rescheduled.
- **MEDICATIONS:** Do not take aspirin or ibuprofen for at least 7 days prior to surgery. You will need to let the surgery center know what medicines you have taken and when you took them on the day of your surgery. If you take blood thinners such as Coumadin (warfarin) or heparin, please let us know immediately.
- **BLOOD PRESSURE MEDICINES:** You need to take any blood pressure or heart medicines (NOT ASPIRIN) the morning of surgery with a very small sip of water. Please do not take blood pressure medicines that contain a diuretic ("water pill"). If you have questions about what to take, please call and ask.
- **WHEN TO ARRIVE:** Usually, you will need to arrive 1½ hours before surgery. We will let you know when to arrive.
- **BRING A DRIVER:** You will not be allowed to drive after surgery. You **MUST** have someone to drive you. Your surgery will be rescheduled if you do not have a driver.
- **THE DAY OF SURGERY:** You will arrive, be checked in, and be prepared for surgery in the pre-operative area. Dr. Cross will come see you before surgery. You will have surgery, and wake up in recovery room. You will go home 1-2 hours later. Dr. Cross will find your family afterwards to let them know how surgery went.
- **WHEN YOU GO HOME:** You will be sent home with a prescription for pain medicine and a follow-up appointment with Dr. Cross. This appointment will be 7-10 days after surgery. If you do not receive an appointment time, please call the office.

Practice Limited to Medical Surgical Diseases of the Breast

American Society of Breast Disease • Society of Surgical Oncology • Southwest Surgical Congress • American College of Surgeons Oncology Group
American Society of Breast Surgeons • Clinical Investigator for Breast Cancer Research, NSABP • Britton Foundation