

PATIENT EDUCATION: PRE-OPERATIVE AND PRE-PROCEDURE PATIENTS

Pre-operative and pre-procedural patients should be counseled to do the following for the 14 days before the anticipated surgery or procedure:

It is important for you to be as healthy as possible at the time of your procedure/surgery.

This can help you to reduce the risk of infection and other complications. With this in mind, we ask you to avoid potential exposure to COVID-19 and to let your doctor know if you develop any symptoms of COVID-19 prior to your planned procedure/surgery. Things that you can do include:

- Avoid close contact with people who are sick
- Maintain social distancing when you leave your home (i.e., stay at least 6 feet, about 2 arms' length from other people)
- Wear a face mask or other face covering when in public areas
- Minimize trips away from the home as much as possible
- Notify your provider if you have contact with a person with confirmed or suspected COVID-19 disease, or a person with symptoms consistent with COVID-19 before your scheduled procedure or surgery
- Monitor yourself for symptoms of COVID-19. Symptoms of COVID-19 include:
 - . Cough
 - . Shortness of breath
 - . Fever
 - . Chills
 - . Sore throat
 - . Muscle aches
 - . New loss of sense of smell
 - . New altered sense of taste
 - . Diarrhea
 - . Headache
 - . Fatigue
 - . Nasal congestion
- Notify your provider if you develop any symptoms suggestive of COVID-19 or if you have a positive test result for COVID-19.

References:

- . Centers for Disease Control and Prevention. How to Protect Yourself and Others. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>
- . New York State Department of Health. COVID-19 Directive Regarding the Resumption of Elective Outpatient Surgeries and Procedures in General Hospitals in Counties and Facilities Without a Significant Risk of COVID-19 Surge. April 29, 2020.