

HYPOSPADIAS SPECIALTY CENTER

Eating Instructions for Surgical Patients

The night before surgery: The anesthesiologist team will give you a call the evening before surgery to give you specific eating instructions and answer any last minute concerns in regards to surgery. If your surgery (or your sons surgery) is scheduled on a Monday, please expect a call from the anesthesiologist team Sunday evening.

Most older boys, teens, and adults can expect to stop having food by mouth after midnight.

Below are general guidelines to follow until you receive a call:

PRE-OPERATIVE FASTING GUIDELINES		
Patient can have:	Stop giving:	Examples
Clear Liquids	2 1/2 hours before surgery Stop @ _____	Any liquid you can see through, such as water, Pedialyte, apple juice, Gatorade and other clear juices. No orange juice.
Breast Milk	4 hours before surgery Stop @ _____	-
Infant Formula and Milk	6 hours before surgery Stop @ _____	-
Light Meals	6 hours before surgery Stop @ _____	Toast, crackers, jam, cereal, low fat yogurt: any foods with low fat and protein content. Nothing fatty: No egg, sausage, or bacon
Heavy Meals	8 hours before surgery Stop @ _____	All fatty or fried foods, meat, cheese, and ice cream.
Medications	Usual time with a sip of water	EXCEPTIONS: HOLD ACE inhibitors and Angiotensin II receptor blockers on the day of surgery. No aspirin for 1 week prior to surgery. Give white liquid antacids 8 hours prior.

POST-OPERATIVE RECOVERY TIPS FOR OUR YOUNGER KIDDOS

- Please bring the patient's favorite blanket or lovey for comfort while recovering.
- It can be beneficial to play music during the recovery process to help the patient feel more calm and to decrease pain.
- It is also helpful if the parents have a calm and confident attitude going into the appointment, which can be reassuring for the patient. Children mimic their parents and will be calm if they notice you are not scared or nervous. Also, try smiling when you give them medications :)
- If you will be having the catheter removed in office by our nurse, please be sure to schedule that appointment with her and ask for instructions. She can be reached at care@hypospadias.com or 214-618-4405 ext 2.
 - It is most important that the patient soak off ALL bandages and tape prior to coming in for the catheter removal. A nice long warm bath should be given the morning of the catheter removal.