

Important Reminders

The Evening Before Surgery

You will receive a call the evening before your surgery between the hours of 4 and 6 p.m. to confirm your time of arrival. Your arrival time is not definite until the evening before surgery. If you do not receive a reminder call, or if the message is not clear, you may call 201-447-8350 after 6 p.m. the night before your surgery.

The Day of Surgery

If your surgery is scheduled at the main campus of The Valley Hospital in Ridgewood, please report to the Patient Access Center located on the first floor directly behind the lobby desk.

If your surgery is scheduled at the Luckow Pavilion in Paramus, please report to the third floor registration area. There is free valet parking at the front door of both campuses. It is important to arrive on time for your surgery.

**For your safety we ask that you comply with the following instructions.
Failure to do so may result in the rescheduling of your procedure.**

- Do not eat or drink anything after midnight prior to your procedure. This includes water, ice, candy, mints or gum. You may brush your teeth and rinse with water or mouthwash the morning of your procedure, but do not swallow any water unless you have been instructed otherwise by your surgeon.
- Patients with *CARDIAC STENTS* require special consideration. Please contact your cardiologist for instructions. Patients with cardiac stents should *NOT* stop aspirin prior to and including the day of surgery.
- If you do not have cardiac stents **do not** take aspirin, Advil, Aleve, Motrin/Ibuprofen, Vitamin E, fish oil, herbal supplements or similar products for 7 days prior to your surgery. Tylenol can be taken up to the day of surgery. All other medications, including insulin, must be verified with your physician. Do not stop any prescription medications without checking with your physician.
- If you are sick, develop a rash, or if you must cancel surgery for any other reason, contact your surgeon's office immediately.
- If you did not have pre-admission testing done in our Pre-screening Department, bring your driver's license or other photo ID, insurance and prescription cards with you. Bring a copy of your Advance Directive for Health Care or Living Will if you have one.

- ❑ Wear comfortable, loose-fitting clothing. Depending on the type of surgery, you may want to wear a top that opens in the front. For cataract surgery, bring your sunglasses, your eyes may be sensitive to light.
- ❑ You will be asked to remove personal items prior to surgery. This includes dentures, partial plates, contact lenses and glasses. Please bring your own lens container or glasses case. Do not wear eye makeup. Remove nail polish if surgery is being performed on your hands or feet.
- ❑ Do not wear any jewelry, body piercings or dermal anchors to the hospital regardless of where they are on your body. If you cannot remove your wedding band you need to visit a jeweler prior to your surgery. For piercings that you cannot remove, please return to the location where you had your piercing inserted and ask to have it removed.
- ❑ If you are staying overnight, have your family member or guest keep your personal items in the car until you are admitted to your room. Leave all valuables at home.
- ❑ You must have a responsible adult 18 years or older drive you home, and you should have a responsible person stay with you the first 24 hours. You cannot go home alone in a taxi/Uber..
- ❑ Visitors are limited to one per patient in patient care areas. Both parents are permitted to stay with pediatric patients. Anyone under the age of 18 is not allowed in the pre- or post-operative areas.
- ❑ Pharmacy: For your convenience, Valley Health System has two retail pharmacies where you may fill your prescriptions. One is located in the hospital on the first floor of the Bergen wing and the other is in the lobby of the Luckow Pavilion. If these locations do not work for you, we recommend that you choose a pharmacy with evening hours and located close to your home.

Our Locations:

The Valley Hospital (inpatient and same-day surgeries)

223 N. Van Dien Avenue
Ridgewood, NJ 07450-2736
201-447-8370
The Robert & Audrey Luckow Pavilion

George R. Jaqua Same Day Services/Surgery

One Valley Health Plaza
Paramus, NJ 07652
201-634-5350

If you have further questions, please contact your physician directly. Thank you for choosing Valley.