

COVID-19 Precautions for Your Surgical Procedure

You are receiving this information because you are scheduled for surgery at **The Center for Specialized Surgery**.

It is very important that you self-isolate before your surgical procedure to reduce your risk of becoming infected.

Please follow instructions on self-isolation below:

- Limiting face to face contact with others is the best way to reduce spread of COVID-19.
- Prior to your upcoming surgery, it is recommended that you self-isolate for at least 7 days, ideally 12-14 days, to minimize the chance of COVID-19 infection.
- The person that will bring you to your procedure and help you after should also follow these guidelines.

Isolation starts by practicing Social/Physical-Distancing:

- Stay at least 6 feet from other people
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid Touching your eyes, nose and mouth
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings
- Work from home when possible
- When possible, avoid public transportation, taxis, ride sharing (Uber, Lyft)

In addition to the above social distancing practices, and to further reduce your chance of contracting COVID-19 prior to your surgery, we highly recommend you follow these additional self-isolation recommendations as well:

- Avoid grocery stores and pharmacies
- Use mail order for medications, if possible
- Consider a grocery delivery service
- Cover your mouth and nose with a cloth face cover when around others, including when you have to go out in public
- Ask friends or family members who follow social distancing practices to shop for you
- In your home, if anyone else is sick, they should separate themselves from you by staying in a specific "sick" bedroom or space and use a different bathroom (if possible)

Adopted from CDC guidance.