

SURGERY PREPARATION

DAY BEFORE

Please follow these guidelines the day before surgery to ensure that your operation will go smoothly:

- Notify your surgeon if there is any change in your physical condition, such as cough, cold, or fever.
- For the purpose of anesthesia, nothing to eat or drink after midnight prior to surgery. Alcohol should not be consumed within 24 hours prior to surgery and no smoking the morning of your procedure. **FAILURE TO DO SO MAY RESULT IN THE CANCELLATION OF YOUR SURGERY.**
- All herbal therapies are to be discontinued two (2) weeks prior to surgery. Aspirin and NSAIDS (Ibuprofen, etc.) should be discontinued one (1) week prior to your procedure. Tylenol is okay.
- Follow your physician's dietary and medication instructions the day before your procedure.
- If you are having general anesthesia, IV sedation, or a regional block, it is your responsibility to arrange in advance for a responsible adult to drive you home and remain with you for the first 24 hours after your procedure.
- If you have not already pre-registered with the hospital, please make plans to do so the day before surgery. You will need to bring with you a photo ID and any insurance information.

DAY OF PROCEDURE

Please follow these guidelines:

- Please bathe or shower prior to your surgery. Remove all make-up, nail polish, hair pieces, and body jewelry. Do not use lotions or oils after bathing.
- A pregnancy test is completed on females of childbearing age.
- Please arrive two (2) hours prior to your procedure time.
- Please bring your insurance card and any necessary papers given to you by your physician.
- If you wear contact lenses or glasses, please bring a case for their safekeeping.
- Wear loose, comfortable clothing that is large enough to accommodate any necessary bandages. Wear low, comfortable shoes. No high heels please.
- Leave all valuables including jewelry, cellular phones, and cash at home. We cannot be responsible for damaged or lost property. You will be provided with apparel appropriate for your type of procedure. If it is necessary to wear one of the provided gowns, your clothing will be placed in a locker.
- Please bring a list with you of all the medications that you take on a daily basis, both prescriptive and non-prescriptive.
- If your procedure requires anesthesia, someone from the anesthesia department will talk with you concerning your type of anesthesia.
- Bring a book or magazine to read while you are waiting.

AFTER SURGERY

- If you are having day surgery, you will be given written instructions for your home care.
- If you have had general anesthesia, IV sedation, or a regional block, a responsible adult must drive you home and remain with you for the first 24 hours following your procedure. **YOU CANNOT DRIVE YOURSELF, TAKE A TAXI, OR BE LEFT ALONE.**
- After you return home, be sure to follow your doctor's orders regarding diet, rest, and medication.
- If you have had general anesthesia, it is not unusual to feel a little sleepy or dizzy for several hours. Do not sign any important papers, make any significant decisions, drive a car, operate machinery, or smoke until this feeling has worn off or until the next day.