

PREPARING FOR SURGERY

It is important for you to follow these guidelines before surgery to prevent delays or cancellation.

FOOD AND DRINK

The night before your surgery you may eat a light meal before 11:00 p.m. Do NOT eat or drink anything after midnight, not even coffee or water. You may brush your teeth, but please do not swallow anything.

ALCOHOL

Do not drink alcohol for at least 12 hours before your arrival.

SMOKING/TOBACCO

No smoking or tobacco after midnight the night before your surgery.

MAKEUP, NAIL POLISH, JEWELRY (including body jewelry)

Please remove all these items before surgery.

CLOTHING

Wear loose, comfortable clothing to fit over any dressings you may have.

VALUABLES

Please leave all valuables at home.

NOTIFY THE FACILITY & YOUR SURGEON IF:

- You have an elevated temperature, cough, cold, vomiting, or diarrhea between your last visit to the surgeon and the day of your surgery.
- You suspect you may be pregnant.
- You are taking diet pills, aspirin, ibuprofen, blood thinners, or certain herbal medicines. You may need to stop taking these 1-2 weeks prior to your surgery. You can discuss this with your nurse.

WHAT YOU NEED THE DAY OF SURGERY:

- **INFORMATION:** Insurance cards, a photo ID, Medicare or Medical Assistance information, numbers and addresses
- **MEDICATION:** Please bring a list of all medications you are currently taking.
- **PAYMENT:** Please bring payment due for co-payment or deductible
- **DRIVER:** You **MUST** have a driver to take you home after surgery. **DO NOT** plan to use taxis or other public transportation.
- **CAREGIVER:** You **MUST** have a friend, family member, or dedicated caregiver stay with you for 24 hours
- **LEGAL GUARDIAN:** A legal guardian must be in the facility **AT ALL TIMES** for children and dependent adults.
- **CARE FOR CHILDREN:** If you have young children at home for whom you normally care for, plan for someone else to care for them for **AT LEAST** the first 24 hours following your surgery.
- **INTERPRETER:** If the patient cannot read, speak English or use sign language, an interpreter is required. If you need assistance arranging for an interpreter, please contact the facility that you are scheduled at.

FREQUENTLY ASKED QUESTIONS:

- **What tests are required prior to my procedure?** Any pre-operative tests will be determined by your physician or anesthesiologist and communicated to you prior to the date of your surgery.
- **Should I take my routine medications on the day of procedure?** You will be given instructions regarding medications by your physician or a staff member. Also, as noted above, please be prepared to list all medications (including name and dose) you are taking and to bring any with you that may be needed during your stay (e.g., inhaler or insulin).
- **Are there special considerations for a child having procedure?** Surgery can be frightening for you and your child. The pre-operative call with the facility nurse is a great time to ask about arranging a tour of the facility to ease any fears you both may be experiencing. If your child would like to have a stuffed animal or security blanket for added comfort, ask the pre-operative nurse about bringing these items on the day of surgery. In the case of young children having surgery, it is best to have someone along with the driver to help care for the child on the trip home. If you experience any health changes between your most recent visit with your physician and the date of surgery, notify your physician immediately. Please report even minor changes, such as an elevated temperature, cough or cold. If you cannot reach your physician, please call the facility.
- **What should I do with my clothes and additional belongings?** A nurse will escort you into the pre-operative area where you will change your clothes. Your belongings will be safely stored until you are ready to go home. We recommend that you leave all valuables and additional accessories at home.