

Preparation for Surgery

IMPORTANT

You need to speak to your doctor for special instructions if you take aspirin, aspirin products, non-steroidal anti-inflammatory drugs (such as ibuprofen, Aleve, Naproxen, Advil, Motrin), steroids, blood thinning, diabetic, heart, certain blood pressure, seizure or chronic pain medications, herbal supplements or vitamins.

- **DO** bring complete list of all medicines and supplements that you take.
- **DO** follow the doctor's directions about eating or drinking before surgery.
- **DO** arrive at the hospital on time. You must have your insurance information and identification with you.
- **DO NOT** smoke after midnight the day before your surgery.
- **DO** bring your rescue inhaler or CPAP machine.
- **DO NOT** wear or bring jewelry of any kind. This includes jewelry for body piercings.
- **Bring your co-payment.**
 - **DO** leave other valuables such as electronics, credit cards and cash at home.
- **DO NOT** wear makeup.
- **DO NOT** wear contacts. Bring your glasses and hearing aids if you use them (?)
- **DO** bathe before you come for your surgery. **DO NOT** put on deodorants, powders, lotions, colognes or perfumes.
- **DO** wear something comfortable. Wear loose fitting clothing and flat shoes. A sports bra is recommended if you are female and having breast surgery.
- **DO be sure an adult comes with a minor patient on day of surgery.** Please have someone other than the driver to care for a child on the way home. Children can be groggy after surgery and enjoy being comforted.

After Surgery

- **DO** ask the discharge nurse at the hospital for instructions on how to care for your wound before you are discharged.
- **DO** call your surgeon's office when you get home from the hospital to schedule your next appointment. This is usually 7 to 10 days after your surgery.

You must have a responsible adult (18 years or older) accompany you home after surgery. You cannot drive yourself or use public transportation. You cannot use a taxi or Dial-A-Ride, unless you have responsible adult other than the driver with you.

Additional Instructions:

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