

Basic Instructions: 0 to 7 Days Prior to My Surgery

Food & Drink:

Please do not consume food or liquids after midnight on the evening prior to your surgery date due to complications associated with anesthesia. This includes mints and chewing gum. Additionally, we recommend that you do not smoke, chew tobacco, or consume alcohol for at least 24 hours prior to your surgery.

Presurgery Hygiene & Dress:

- You may brush your teeth prior to surgery, but remember not to swallow liquids after midnight.
- Jewlery, watches, and body piercings should not be worn on the day of surgery.
- Do not bring valuables with you. You may wear dentures and glasses. However, it is recommended that you bring the cases to place them in during surgery. If you wear contacts, they will need to be removed, so bring your solution and a case with you.
- Please wear comfortable, loose clothing, appropriate for the procedure being performed, such as a button front blouse/shirt for shoulder surgery.
- Please bring flat sole, slip-on walking shoes.
- Please bring extra undergarments and/or diapers for young children having surgery. If they are taking a bottle, bring an empty bottle as well as a bottle with their usual formula or milk. You may bring their favorite toy or blanket as well.

- If you have been provided with any medical equipment prior to your surgery date, such as slings, crutches, postoperative shoes, or walkers, please present them at check-in. You may also want to bring pillows and blankets for your trip home.

Presurgery Medication:

- Please stop taking all herbal remedies, aspirin, and anti-inflammatory medications (Advil, Aleve, Ibuprofen, Motrin, Naproxen, etc.) seven days prior to surgery unless otherwise instructed. However, it is okay to take Tylenol (acetaminophen) if something is needed for pain.

- If you are currently taking a prescription blood thinner (Coumadin, Plavix, etc.) on a regular basis for heart problems or stroke, please call your surgeon's office immediately for further instructions.

- You may take your usual morning blood pressure, heart, acid reflux, and/or seizure medications on the morning of surgery with a sip of water.

- Do not take any diabetic medicine the day of surgery. However, please make sure to bring your diabetic medication with you.

- Please provide an accurate list of daily medications when they are reviewing your health history. Continue to take all prescription medications as normal unless informed otherwise by the nursing staff. You will be instructed on which medications to take the day of the procedure.

- If you experience any health changes, such as an elevated temperature, cold, cough, or other health-related problems, please notify your doctor immediately.

Transportation:

As a reminder, you, the patient, will not be permitted to drive a car or leave the surgery center or hospital unattended after surgery. It is necessary to make arrangements for a responsible adult or caregiver to drive you home and stay with you for 24 hours following surgery.