

Pre-Surgery Checklist

The following pre-surgery guidelines will help to prevent a delay or cancellation.

☐ **Night Before/Day Of Surgery**

- Take Shower/Bath
- Take Regular Cardiac or Seizure Medications (small sip of water is permitted).
- **Food/Drink**
Do not eat or drink anything after 10:00 pm—not even coffee or water. You may brush your teeth, remembering not to swallow anything.
- **Alcohol**
Do not drink alcohol for at least 12 hours before your arrival.
- **Smoking/Tobacco**
No smoking/tobacco after midnight the night preceding your surgery.

☐ **Day of Surgery**

A legal guardian must be in the hospital AT ALL TIMES for children under 18 years old.

- **Makeup, Jewelry, Hair Products, Nail Polish, Artificial Nails & Lotion**
Please remove all items before surgery.
- **Clothing**
Wear loose, comfortable clothing to fit over surgical areas.
- **Valuables**
Please leave valuables at home.
- **Notify The Hospital & Your Surgeon If:**
 - You have a temperature, cold, vomiting or diarrhea between your last visit to the surgeon and the morning of your surgery.
 - You are taking aspirin, ibuprofen or blood thinners. You may need to stop taking these within the weeks prior to your surgery.
 - You suspect that you may be pregnant.
- **Items To Bring:**
 - Insurance Cards, Medicare or Medical Assistance Information
 - Photo ID
 - Contact Numbers & Addresses
 - Case for Glasses/Contacts/Hearing Aides
 - Crutches/Walker (if necessary)
 - Pediatric Patients: Favorite Toy/Blanket/Pajamas

☐ **Following Your Surgery:**

- Plan to have someone drive you home following your procedure.
- Do not drive for at least 24 hours (or until advised by your surgeon).

☐ **Inpatient/Observation Patients:**

- Bring medications in original prescription bottles (no more than a 5-day supply).
- Bring your favorite blanket/pillow/hygiene products.