

Day of Surgery Instruction Summary

Please carefully follow these important guidelines in conjunction with your physician's instructions. Your surgery may be postponed if these guidelines are not followed.

- ✓ Please be sure to arrange for a responsible adult to drive you home after surgery. This does not include public transportation, a taxi driver, or ride-sharing services. Your surgery will be cancelled if you do not have a responsible adult available to take you home at time of discharge.
- ✓ Do not eat or drink anything after midnight the night before your surgery.
- ✓ Do not chew gum or eat candy or mints after midnight the night before your surgery.
- ✓ Do not smoke after midnight the night before your surgery, as this hinders circulation and breathing.
- ✓ Take your routine morning medications as instructed with a sip of water.
- ✓ Bring your insurance card and photo ID with you on the day of surgery.
- ✓ Do not wear contact lenses. Wear your glasses instead. If you wear contact lenses or glasses, you may be asked to remove them before surgery. Please bring a case for safekeeping.
- ✓ Leave valuables such as jewelry including rings, watches, earrings, and body piercings at home or with your family member. **All jewelry must be removed prior to surgery.**
- ✓ Wear comfortable, loose-fitting clothes and low-heeled shoes. Depending on your procedure, you may have bulky bandages that will require loose-fitting clothes when you go home.
- ✓ Please refrain from wearing makeup and fingernail polish. Nail polish may interfere with monitoring equipment during your surgery.
- ✓ If you are on your menstrual period, for your safety, you will be asked to remove the tampon and given a sanitary pad and mesh underwear to use instead. Failure to follow instructions may result in the need for tampon removal in the OR by the operating room nurse.
- ✓ Do not bring young children with you.
- ✓ If medications are ordered, please make sure to fill them out prior to your surgery.

Thank you!