

Prepare for Surgery

Checklist

Nearly everyone has concerns heading into surgery. We pride ourselves on helping you feel prepared so that things go smoothly.

- If you have been directed to make appointments with your other doctors before surgery, please fax paperwork from those visits to us at 1-844-845-6027.

72 Hours Before Surgery

- Wash with special soap from your surgeon's office 2-3 days before surgery. This soap is very important for decreasing your risk of infection.

Day Before Surgery

- Please do not eat after 11 p.m. the night before surgery, regardless of your surgery time.
- You may drink black coffee (no milk or cream), water, 7 up, Gatorade or Powerade until five hours before your surgery.
- Please use clean sheets and clean pajamas the night before surgery.
- Please do not smoke, chew tobacco or drink alcohol for at least 24 hours prior to surgery.
- Please do not shave from the neck down.
- Please do not use any lotions, body spray or deodorant.

Day of Surgery

- Seizure, anti-arrhythmia, chronic pain and anxiety medications may be taken.
- Bring a responsible adult (parent or guardian if patient is under 19) to drive you and take care of you for at least 24 hours after surgery.
- Bring photo ID, insurance card, prescription cards and/or worker's compensation card
- If you are spending the night, medications in original bottles, including eye drops and inhalers.
- Advance Directives (Living Will)
- Any payment required prior to surgery
- C-PAP machine if you own one
- Eyeglasses for reading
- Walking devices
- Loose, comfortable clothing and walking shoes
 - Jogging/warm-up pants or shorts as opposed to those with buttons
 - Button-up or zip-up shirt if you are having hand, wrist, elbow or shoulder surgery