



## Surgery Reminder Checklist

Your surgery is scheduled for \_\_\_\_\_

- Please go directly to the Outpatient Surgery Center at \_\_\_\_\_ a.m./p.m. on the above date.
- Do not eat or drink anything after midnight; this includes gum, mints and water.
- Do not drink alcoholic beverages or take illicit/illegal drugs of any kind at least 12 hours prior to your surgery. Alcoholic beverages include beer, wine and liquor.
- Stop smoking. If you are unable to quit, at least cut down before surgery. Do not smoke at least 12 hours before surgery.
- Brush your teeth, but do not swallow any water.
- Shower the evening before AND the morning of your surgery with the antiseptic solution provided. Please follow the pre-printed instruction sheet carefully.
- Do not apply lotions, cologne, perfume, deodorant, makeup, powder or nail polish.
- **Bring all home medications in properly labeled bottles (prescriptions, over-the-counter drugs, herbal remedies, vitamins)**
- Bring your Living Will and/or Power of Attorney for Healthcare, if you have one.
- Expect to remove wigs, dentures, partials, contacts, and prostheses before surgery.
- Leave all jewelry and valuables at home. All jewelry must be removed prior to surgery.
- Bring glasses (with the case) and hearing aids.
- Wear comfortable, loose clothing.
- Arrange for a friend or family member to pick you up from the hospital, drive you home and assist you if necessary. You will not be allowed to drive.
- Do not take aspirin, ibuprofen, Aleve or herbals for one week prior to surgery. Tylenol is permitted.
- Talk to your surgeon about taking medications before surgery if you have additional questions not answered by the Admission Testing Center nurse. This may include questions related to aspirin, ibuprofen, over-the-counter medications, medications for heart disease and diabetes, etc. Blood thinners should be stopped prior to surgery; consult your physician.
- Call your surgeon if you have a rash, fever or cold. Your surgery may need to be postponed.
- Do remember take the following medications with a sip of water in the morning on the day of surgery:

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• Additional instructions: \_\_\_\_\_

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