

Preparation for Surgery

Medications

If you are taking medications on a daily basis, please make a list of each medication, the amount you take and how often. Bring this list with you on the day of surgery. Please also include any over-the-counter (non-prescription) medications and/or herbal supplements as well.

Please take any **blood pressure** medication the day of surgery as ordered. It may be taken with a small sip of water even the morning of your surgery.

If you have **asthma**, please bring your inhaler with you.

If you take **insulin**, consult with the doctor managing your diabetes. The doctor may want to adjust your insulin dose on the day of surgery. Please bring your insulin with you on the day of surgery.

Herbs/supplements

Patients taking herbs or herbal medications may be at risk for herb-anesthesia interactions. Please let your doctor and nurse know if you are taking any herbs.

Stop all herbs one week before your surgery. Examples of herbs include:

- Ephedra (Ma-Huang; Ephedrine)
- Ginko Biloba
- Ginseng
- St. John's Wort
- Weight loss pills (both prescribed and non-prescribed)
- Energy pills

Tobacco

If you use tobacco, you should stop as soon as possible. Tobacco decreases the amount of oxygen that reaches your tissues, which can slow healing and result in more scarring. The longer you are tobacco-free before your surgery, the better you will heal.

Diet

Do not eat or drink anything, not even water or chewing gum, after midnight the night before surgery. (The only exception to this is if your doctor or nurse instructs you to take a medication with a sip of water.) Not eating or drinking decreases the risk of vomiting stomach contents into the lungs, which could cause pneumonia, lung damage or death. If you eat, your surgery may be canceled or delayed.

Hygiene

Before you leave home on the morning of your surgery, take a shower and carefully wash your whole body and your hair. This will help prevent infection, and you may not get another chance to wash your hair for a couple of days.

Do not use perfumes, creams or lotions. Wear your hair loose, without clips or pins. Do not use hairspray.

Glasses/contacts

Do not wear contact lenses on the day of surgery. Glasses must be removed before surgery. Please leave them with a trusted person.

Dentures

Dentures are generally removed right before surgery. Your pre-operative nurse will instruct you on what to do with your dentures.

Makeup

Do not wear makeup, particularly around the eye area.

Nail Polish

Do not wear nail polish or fake nails to surgery. They can interfere with oxygen monitoring during surgery.

Valuables/jewelry

Please leave your valuables—including money and jewelry—at home or with a trusted person. All jewelry must be removed before surgery, including body piercing jewelry.

Illness

If you develop a cold, persistent cough, flu symptoms or fever, please contact your surgeon before coming to the hospital for surgery.

Cancellations

If you must cancel your surgery, please contact your surgeon's office at least 24 hours in advance of your scheduled surgery.

After the procedure

After your procedure your surgeon will speak with whomever you have chosen, to let them know how things went and how you are doing. You will be taken to the Post Anesthesia Care Unit (PACU) where nurses will monitor your recovery process. To ensure privacy and the highest level of care, visitors are not allowed in the PACU. Once you are well enough to leave the PACU, you will be moved to another recovery area where you may have a visitor.

Discharge Instructions

A registered nurse will review the discharge instructions with you, and the adult who will be driving you home. If you have questions, please don't hesitate to ask.

Going Home

You will not be able to drive after your procedure. You must have another adult drive you home and stay with you for at least 24 hours.