

## Day of Surgery to Do List

- Call your physician if you develop any cold or flu symptoms (cough, sore throat, runny nose, vomiting, and diarrhea, fever or exposure to infectious diseases) or any other medical problems before your surgery.
  
- Avoid the following
  - ✓ Alcoholic beverages 24 hours before your surgery
  - ✓ Smoking or chewing tobacco after midnight the day before surgery
  - ✓ Eating or drinking after midnight the night before surgery, unless otherwise directed. This includes mints, chewing gum and hard candy.
  
- Bathe or shower the night before or the morning of your surgery. If you wash your hair, make sure it is completely dried.
  
- Brush your teeth and/or use mouthwash (but do not swallow the water).
  
- Wear loose fitting, comfortable clothing. Remove all body piercings. Avoid makeup, jewelry, contact lenses or metal hair clips the day of surgery. Leave money and jewelry at home.
  
- Bring your medication list with you. Contact your physician prior to the day of surgery for instructions on how to manage your diabetes on the day of surgery. Take the medications that you have been told to take with a sip of water only.
  
- Bring glasses and hearing aids if you rely on them. Wear dentures and/or partials. They may or may not be removed for surgery, depending on the type of surgery you are having.
  
- Bring a copy of your Living Will or Durable Power of Attorney for Healthcare, if applicable.
  
- You may receive a call the day before your surgery with a time that you should arrive at the hospital for your surgery. Park in the main parking lot and enter through the Main Entrance. Stop at the Registration Desk in the Front Lobby.
  
- Make arrangements for a responsible adult (18 years or older) to take you home after surgery and to stay with you for 24 hours. While you are waiting for surgery in the pre-operative areas, you may have two family members or companions with you.