

Preparing for Surgery

Your Surgery Checklist

Knowing how to best prepare for surgery can be difficult. This printable checklist covers the do's and don'ts in the days leading up to your surgery. Please follow these instructions to reduce risks during anesthesia and surgery. Otherwise, your surgery may have to be delayed or cancelled for your safety.

Please call the hospital or your surgeon with any questions or concerns.

Before Surgery

- Medications.** Take only the medications per your surgeon's instructions or instructions from the pre-assessment nurse who will be following the surgeon's orders.
- Smoking.** Please consult with your surgeon on when to stop smoking prior to your surgery, depending on the procedure this may vary.
- Pre-Assessment.** Anticipate making an appointment with a pre-assessment nurse or receiving a phone call from the pre-assessment nurse. The surgeon's office will give you instructions with the phone number.

Day of Surgery

Bring for registration:

- Insurance card(s)
- Photo ID (such as a driver's license)
- Medicare or medical assistance information
- Medication list (including herbal and over-the-counter medications) with dosages and the telephone number and address of your pharmacy.
- Hospital arrival.** Arrival time for surgery will either be given to you at your pre-assessment appointment or by your surgeon.
- Driver.** Plan for someone to drive you home.
- Escort.** Plan for a friend, relative or caregiver to stay with you for the first 24 hours.
- Legal Guardian.** For children and dependent adults, plan for the legal guardian to remain in the hospital throughout surgery and recovery.
- Child Care.** Plan for someone else to be responsible for the children in your care for the first 24 hours after your surgery.
- Makeup, Nail Polish, Jewelry (including body jewelry).** Please remove before surgery.
- Clothes.** Wear loose, comfortable clothing that will fit over dressings.
- Eyeglasses, contacts.** Bring a case for eyeglasses or contacts.
- Valuables.** Leave valuables at home.

General

Tell the hospital and your surgeon if you:

- Become sick — a fever, cough, cold, vomiting or diarrhea — after your last appointment with your surgeon.
- Think that you may be pregnant.
- Take weight-loss medication, aspirin, ibuprofen, blood thinners or herbal medicines. Because of possible anesthesia and surgery risks, you may need to stop taking these medications one week before your surgery.