

How to prepare for your Outpatient Surgery

Before your operation:

- ❖ **DO NOT** take any aspirin or Non Steroidal Anti Inflammatory Drugs (NSAIDs such as Ibuprofen, Aleve, etc.) products for two weeks before your operation. Tylenol is fine.
- ❖ **Stop taking** any herbal supplements or vitamins with vitamin E for two weeks before your operation.
- ❖ **Driver/Caretaker:** You will go home the same day as your surgery. You will need someone to drive you home and someone to stay with you for the first 24 hours after surgery. **The medicine you receive may have an amnesic effect and you may not remember what you do through-out the day. For your safety, it is important that someone is with you at all times.**
- ❖ **Arrival Time:** Our office will call to confirm your arrival time. **KEEP THE DAY FLEXIBLE!**
**** Please park on level 3 of the parking garage****
- ❖ **Fasting Requirements:** As a general rule **DO NOT** eat or drink after midnight the day before your surgery. Your nurse or anesthesia provider may give you additional instructions the day before, based upon your surgery start time.
- ❖ **Prescription Medications:** *If directed by your surgeon*, take your blood pressure, thyroid, acid reflux, and/or seizure medications the day of surgery. Use only enough water to swallow your pills. If you use an inhaler, please bring it with you to surgery. ****If you received your pain prescription prior to surgery, please have it filled and bring with you day of surgery****
- ❖ **Showering:** Take a Chlorhexidine (Hibiclens) shower the night before surgery and morning of. See separate instruction sheet for details. Come with clean, dry hair on the day of surgery, **NO WET HAIR.**
- ❖ **Clothing:** Wear freshly washed, loose fitting, casual clothing. Please wear a zip up hoodie or button up shirt – and yoga or sweatpants. **NO JEANS OR TOPS THAT YOU HAVE TO PULL OVER YOUR HEAD.** Bring a warm coat into the office with you, and wear a slip on style shoe that has a back. **NO FLIP FLOPS. Please put an extra blanket in your car so if you are feeling chilled after surgery we can keep you warm for the trip home.**
- ❖ Remove contact lenses. If you wear glasses please bring the case. *Please leave all jewelry at home.

- ❖ Hair and skin should be free of personal care products such as deodorant, hairspray, perfume, gels, aftershave, facial creams, oils, and lotions. Do not wear any make-up, especially mascara.