

PREPARING FOR SURGERY

People reach the decision to have surgery at different times and for different reasons. For some, the pain becomes unbearable and it is no longer relieved by exercise, medication, or other conservative methods. For others, stiffness or immobility affects their ability to do their jobs, care for their families, or enjoy their favorite activities. Preparing for your surgery properly can help ensure the process is a positive one. The following information is designed to help you in preparing for surgery.

- You are encouraged to contact your insurance company to confirm benefits and coverage for your surgery, including those for anesthesia.
- Remember to bring your insurance and prescription cards with you the day of surgery.
- Bring a current list of prescription and over-the-counter medications and dosage.
- Refer to your pre-op instructions for any medications that should be discontinued prior to surgery.
- Every effort will be made to keep your scheduled surgery time, however, the amount of time needed for surgeries before yours may cause a delay.
- Do not consume alcohol 24 hours prior to your surgery. Unless otherwise instructed do not eat or drink eight hours prior to your scheduled surgery time (this includes coffee, or mints).
- Arrange for reliable transportation home after surgery. You must have someone with you after surgery or your surgery will be cancelled.
- It is mandatory to have a friend or family member care for you when you arrive home from surgery and a couple days following, if needed.
- For patients 17 years or younger, a parent or guardian must accompany the patient and remain at the surgery facility at all times.
- Showering or bathing the morning of your surgery is recommended.
- Wear loose, comfortable clothing that will easily fit over bandages or braces.
- Do not wear any jewelry.
- Do not wear any make-up.
- Be sure to remove contacts and bring cases for your glasses or hearing aids.
- Leave all valuables at home.
- If you have respiratory problems and use an inhaler or CPAP machine, use it as usual and be sure to bring it with you.
- You will be contacted by the hospital or surgery center prior to your surgery regarding further details.

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