



PRE-OPERATIVE DO's AND DON'Ts

DIETARY RESTRICTIONS

DO take blood pressure or thyroid medications with a small sip of water the morning of surgery.

DO increase fluids the days leading up to surgery, this will ensure that you are well hydrated and allow for better IV access the day of surgery.

DO NOT take any vitamins, supplements, aspirin or ibuprofen for 1 week prior to surgery.

DO NOT have anything to eat, drink, smoke or chew after midnight the night before surgery.

FOR YOUR SAFETY AND COMFORT

DO dress simply in loose-fitting clothes, if you are having a procedure on your face or breasts you will want a shirt that buttons or zips up the front.

DO NOT wear makeup or false eyelashes the day of surgery, this may cause eye irritation or corneal abrasions while under anesthesia.

DO NOT bring any valuables or jewelry, all jewelry and piercings must be removed at home.

AFTER YOUR SURGERY

DO have a responsible Adult driver that will bring you home after surgery and stay with you for 24 hours. If you will have drains, this person will be responsible for coming in to the facility to learn how to empty and care for the drains.

DO stay hydrated after surgery. This is very important. You will need to buy Gatorade, Powerade or Ginger Ale preoperatively to assure that you are staying hydrated after surgery. Urine should be light and clear for the first few days after surgery.

DO make sure to have extra pillows available for propping up after surgery. For abdominal surgeries, a recliner is helpful, but if not available you will need multiple pillows for under your legs and behind your back.

DO NOT stress if you don't have an appetite when you get home from surgery or the next day. This is ok, your appetite will return. It is most important to stay hydrated. Try starting small with simple, bland foods.