



Surgery Reminder Checklist

Your surgery is scheduled for _____

Please go directly to the Outpatient Surgery Center at ____ a.m./p.m. on the above date.

- Do not eat or drink anything after midnight; this includes gum, mints, and water.
- Do not take aspirin, ibuprofen, or Aleve for one week prior to surgery. Tylenol is permitted.
- Stop smoking. If you are unable to quit, at least cut down before surgery. Do not smoke at least 12 hours before surgery.
- Brush your teeth, but do not swallow any water.
- Do not drink alcoholic beverages at least 12 hours prior to your surgery. Alcoholic beverages include beer, wine, and liquor.
- Shower or bathe with antibacterial soap.
- Talk to your surgeon about taking medications before your surgery if you have additional questions not answered by the Admission Testing Center nurse. This may include questions related to aspirin, ibuprofen, over-the-counter medications, medications for heart disease and diabetes, etc.
- Expect to remove wigs, dentures, partials, contacts, and prostheses before surgery.
- Arrange for a friend or family member to pick you up from the hospital, drive you home, and assist you if necessary.
- **Bring all home medications in properly labeled bottles (prescriptions, over-the-counter drugs, herbal remedies, vitamins).**
- Call your surgeon if you have a rash, fever, or cold. Your surgery may need to be postponed.
- Leave all jewelry and valuables at home.
- Bring your Living Will and/or Power of Attorney for Healthcare, if you have one.
- Wear comfortable, loose clothing.
- Do not apply lotions, cologne, perfume, deodorant, makeup, powder, or nail polish.
- Bring glasses (with the case) and hearing aids.
- Do remember to take the following medications with a sip of water in the morning on the day of surgery: _____

- Additional instructions: _____
