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## WHAT TO EXPECT

### Prior to Your Day of Surgery:

- If you are on medication, please check with the surgeon prior to your appointment to see whether you should take it the night or morning before your surgery.
- If you have an elevated temperature, a rash, cold or cough, or any other health concerns contact the surgery center immediately.
- If you suspect that you are pregnant, contact your surgeon; medications may be harmful to your developing child.
- Arrange for someone to drive you home on your surgery day, and stay with you for at least 24 hours.
- Do not smoke for at least 7 days prior to surgery.
- Do not eat or drink anything after midnight before your procedure. This is vitally important, and failure to comply could result in health complications and/or cancellation of your procedure.

### On the Day of Your Surgery:

- Shower or bathe to minimize the chance of infection.
- Do not wear make-up
- Wear loose, comfortable clothing. & flat shoes that are easy to take on and off.
- Wear glasses instead of contact lenses.
- Leave jewelry and valuables at home.
- A staff member will go over specific instructions for your at-home care, and you will be asked if you have additional questions. .

### What to Bring With You:

- Photo ID, such as your driver's license, and your insurance or Medicare card. You will be asked for your insurance co-pay or deductible payment unless prior arrangements have been made.
- List of the medications you are currently taking. We will also ask you about any allergies you might have.
- Bring insulin or your inhaler with you, if applicable.

### After Your Surgery:

- Dependent on local guidance at the time, a friend or family member may join you in the Recovery Area.
- When you are awake and alert, a staff member will go over specific instructions for your at-home care, and you will be discharged.
- To be discharged, you must have a driver. You will not be released to drive yourself home if you have been given general anesthesia, sedation or pain medication.