

# THE DAY BEFORE YOUR PROCEDURE CHECKLIST

## Medication(s)

- Prepare a list of all your current prescribed, over-the-counter, vitamins, and herbal medications to bring to the hospital on the day of your procedure.
  - Even if you have reviewed this information with your surgeon's office or the Pre-Anesthesia team, a pre-op nurse or clinician **must** confirm your medications and allergies on the day of your procedure to ensure nothing has changed. Having a well-prepared list will assist in a smooth day of the surgery process.
  - The list should include:
    - Name(s), Dosage(s), frequency (e.g., 2x day, daily, weekly, etc.), and last time taken (each medication)
  - Please include any medication(s) that have caused you to have an allergic reaction and what that reaction is.
  - On the morning of your procedure, you will take the medication(s) according to the instructions provided by your surgeon and/or the Pre-Anesthesia team.

## Shower/Bathing

- Follow the pre-op bathing instructions/recommendations per your surgeon's office.
  - If you were instructed to complete pre-op bathing/shower or wipes the evening before, please remember to repeat on the morning of surgery before you arrive at the hospital.
  - Depending on the patient's type of procedure, your bathing instructions may include Hibiclens. If so, please follow your surgeon's instructions. If you have questions, please contact your surgeon's office directly.
- Do not shave your surgical area before your procedure. It will be done by the hospital staff.
- Remove all makeup, fingernail polish, piercings/jewelry, etc. from your body

## Transportation

- Arrange to have a responsible adult (at least 18 years of age) to drive or to accompany you home after your procedure (if using public transportation).
  - We recommend that the person stay with you for 24 to 48 hours after the procedure.
  - If you are unaccompanied on the day of the procedure, your procedure will be rescheduled or canceled.

## Dependent Care

- Plan for someone to care for all dependents (children and adults) during your surgical stay.

## Other Important Information

- Leave valuables, large amounts of cash, credit cards, and jewelry at home or with a friend for safekeeping.
  - The hospital is not responsible for lost/stolen items.
- Have storage cases for contacts, glasses, dentures, etc., during your procedure.

Procedure times are subject to change. You may receive a phone call from hospital staff or your surgeon's office the evening before informing you of your new procedure time. Please contact your surgeon's office if you have **ANY** questions about your surgical date or time.