

Surgery: What to Expect

Step 3: Day Before Surgery



FASTING: In some cases, you may need to fast (not eat for a period of time) before your surgery. Your doctor's office will tell you if you need to fast before your surgery.



MEDICAL DEVICES: Bring any medical devices that you would normally use during the course of your day. These items include, but are not limited to: insulin pumps, mobility aids and inhalers.



TAKING MEDICATIONS: You may take a sip of water to aid in swallowing oral medications, however, be careful not to drink more than is necessary. If you have other questions about your medications, contact the surgical office.



SKIN PREPARATION: Follow your surgeon's directions for skin washing and preparation before your surgery. Taking a bath or shower before your procedure is recommended. Ensure you dress in clean, laundered clothing after bathing.



CONFIRM YOUR RIDE TO AND FROM SURGERY: Make sure your ride to and from surgery is still available and that they are aware of when you need to be dropped off and picked up.

POSTOPERATIVE CARE ARRANGEMENTS

For many surgeries, and especially after any that require anesthesia or sedation, someone may need to be with you for several hours or more when you go home from the hospital. Sometimes your mobility may be impaired and you will need help.

We will give you instructions on how to care for yourself after surgery and what to expect during recovery, including physical and work restrictions. Be sure to ask questions.

