

PREOPERATIVE INSTRUCTIONS

The following instructions should be followed before you arrive for your surgery:

- Shower the night before and morning of your surgery with an antibacterial soap such as "Dial."
- **Do not** apply deodorant, lotions, powders, hair products, hair spray, or makeup-including lipstick.
- **Remove** all jewelry – including: earrings, tongue studs, naval jewelry, or any other pierced jewelry. Please leave it at home along with any other valuables.
- Wear loose fitting pants with a drawstring or elastic waist and a larger loose fitting shirt that buttons or zips in the front. Leave your bra at home. Also wear slip-on shoes or slippers; please try to avoid tennis shoes or tie shoes.
- Remove your nail polish from at least one fingernail from each hand so that we can monitor you appropriately during your surgery.
- Please notify the nurse of any medications you are taking on a regular basis including Pepcid and Zantac. The operating room nurse will call you 1-2 days before your surgery to give you the specific time and instructions according to your procedure. If you have not heard from the nurse 1 day before, please call us. Please provide the nurse with your 24 hour post-op caregiver and the phone number you will be recovering at.
- The surgery schedule is set, but due to the various procedures performed, delays can occur. It is important that you and your transportation keep the entire day free for unexpected delays.
- As a precaution, do not eat while lying on your back.

Thank you very much for your cooperation in making your surgery a pleasant and safe experience.