



PREPARING FOR SURGERY CHECKLIST

What do I need to stop doing prior to surgery??

1. **SMOKING!!** Smoking greatly increases your chance of post operative infection because it decrease blood circulation to the skin and interferes with proper wound healing!!
2. Blood thinners such as Coumadin, Pletal, Plavix, Xeralto (this is not an all inclusive list). Please contact your Medical Provider for instructions for when to stop your blood thinning medication. Please note you can continue to take your Baby Aspirin (81mg), but Aspirin 325mg should be stopped 5 days prior.
3. Herbal supplements need to be stopped 7-10 days prior to surgery. This also includes Fish Oil/Omega 3's, and vitamin E. Over the counter diet supplements and Phentermine need to be stopped 10 days prior to surgery. These supplements can increase post operative bleeding and can interfere with anesthesia.
4. Do not shave around the area where surgery will take place for at least 3 days prior. For example, if you're having a right knee scope, don't shave your right leg for at least 3 days prior.
5. Some surgeries require pre-operative blood work, x-rays, or a physical with your Medical Provider. Please ask your Medical Provider, Surgeon, or the Surgical Team at Brodstone if you will need any of these tests performed.

What about the night before?

1. The night before you need to stop eating and drinking before midnight. After midnight you cannot take anything orally (liquid or solid). This decreases the chance of aspiration (inhaling fluid into your lungs) while under anesthesia.
2. Take a shower and use the SAGE wipes if they were given to you. After you shower, dry off and let your body cool down then use the wipes around the area where surgery will be. For example, if you are having surgery on your right knee, use the wipes on your knee and wipe up to your high thigh, and down to your ankle.

What about the morning of surgery?

1. If you normally take any heart or blood pressure pills in the morning, please take them with a small sip of water. If you take thyroid, seizure, or pulmonary medications (inhalers), please take those prior to coming to the hospital.
2. Do not take any diabetic pills the morning of surgery. If you take insulin, please contact your Medical Provider for instructions on how to take your insulin the night before and the morning of. We will monitor your blood sugars for your while you are here with us.

3. Shower and use the SAGE wipes once more if they were given to you.
4. If you are to be admitted prior to 7:00am, please use the Emergency Room glass sliding doors to enter the building then check-in at the 2nd floor nurses station. If you are to be admitted at 7:00am or later, you will check-in at the main north clinic entrance and then come up to the 2nd floor nurses station.

What do I need to bring on Surgery Day?

1. Insurance Card
2. A responsible adult to drive you home. If you do not have a responsible adult to drive you home after you are dismissed, your surgery will be cancelled.
3. C-PAP if you use one at home
4. Wear comfortable loose fitting clothes.
5. Glasses or a case for your contacts along with solution.

What should I leave at home?

1. Jewelry, watches, money etc. We will not be responsible for the loss of these items if this occurs.
2. Make-up. Please no make-up or eye liner/mascara.

Also, once you are scheduled for surgery, please call your insurance company and let them know what your surgery is, who the surgeon is, and where it will be done. Some surgeries require prior authorization, others do not. It is best practice to be a proactive healthcare consumer and notify your insurance company several days ahead of your surgery day.