

## YOUR DO'S AND DON'TS FOR SURGERY



**DO:** Wear loose comfortable clothing that can accommodate a dressing or a splint, if applicable.

**DO:** Shower the night before surgery. We will provide antimicrobial washcloths (if applicable) for you to use on your surgical site after your shower and the morning of surgery 1 hour prior to arrival.

**DO NOT:** Wear jewelry, finger nail polish, heavy make-up, contact lenses, or body piercings of any kind!!!

**DO NOT:** Consume any alcohol 24hrs prior to surgery.

**DO NOT:** Eat or drink after midnight on the day before surgery.

**DO NOT:** Chew gum, chew tobacco (dip), smoke cigarettes, eat mints, or candy on the morning of surgery.

The RN or Surgeon will determine which medications, if any, you will take the morning of your procedure. **ONLY take the medications prescribed and discussed by the surgeon or RN.**

**DO NOT:** Use conditioner, body lotion, creams, perfumes, after shave, or any hair product.

**DO NOT:** Shave at or near the surgical site.

**DO NOT:** Bring your children with you on the day of your surgery. We do not have daycare staff, so please make prior arrangements for your children.

**DO NOT:** Bring any valuables or jewelry of any kind. We are not responsible for lost or damaged items.

**MILITARY MEMBERS: NO PT ON THE DAY OF SURGERY!** Exercise causes thirst and patients are not allowed to eat or drink anything after midnight the night before surgery.

If you have any change in your medical condition or are recently seen in the Emergency Room or have a cough, cold, fever, sore throat or nausea or vomiting, please notify your surgeon or the APU prior to the day of surgery at **361-5255**.

Call and ask to speak to a nurse for any questions or concerns at 361-5255, Monday-Friday from 0530-1400.