

Preparing for Surgery

Now that a date has been arranged for your surgical procedure, please follow the instructions below;

The day before Surgery:

- You should have already been told your arrival time as well as fasting instructions in preparation for your procedure. Do not eat or drink anything after midnight the night before your surgery. Food in your stomach can cause serious complications during surgery. Consequently, eating or drinking could cause your surgery to be cancelled or postponed. Avoid alcohol and tobacco 24 hours prior to your surgery. You may eat and drink if you have been told otherwise by your doctor pre-assessment nurse.
- Remove nail polish and body piercings before your surgery.
- Leave jewellery and money at home.
- Call us if you develop a cold, fever, respiratory infection or other illness or change in your medical condition prior to surgery.

The morning of your surgery:

- Bathe or shower the morning of your surgery. Please avoid using body lotion, makeup or hair spray. If you shampoo your hair be sure that it is dry.
- Wear loose fitting, comfortable clothing and shoes.
- Plan to arrive at the time you were instructed to by the pre-op call nurse to allow for adequate time admission procedures.
- Bring a storage case for glasses, contact lenses, and/or hearing aid.
- If you take medication on a daily basis, take the medication as directed by the pre-assessment nurse.
- Bring photo ID with you.
- You should make arrangements for an adult family member or friend to accompany you to the hospital.

Following your surgery:

- After surgery, you will be provided with discharge instructions that include what you can eat and drink, activity restrictions, medication instructions, and post-operative care. Of course, if you have any questions regarding your post-operative recovery, you are encouraged to ask the nurse discharging you or your doctor.
- For 24 hours after your surgery, adhere to the following:
 - Have a family member or friend drive you home and stay with you.
 - Do not drive, sign important documents, or make critical decisions.
 - Do not operate machinery, power tools or appliances.
 - Do not drink alcoholic beverages.