



Pre-Operative Checklist

Procedure: _____

Date of Surgery: _____

4 WEEKS BEFORE TO SURGERY

Pre-operative testing. Schedule your appointment for pre-operative testing and clearance, if required.

2 WEEKS BEFORE TO SURGERY

Prepare and plan. Put your schedule together for the day before, day of and first few days following surgery. Share this with all of your key support people.

Medications and Supplements to Avoid Prior to Surgery. You will need to stop certain medications and supplements before surgery. Please refer to the enclosed information. A careful review of these documents is necessary prior to surgery.

1 WEEK BEFORE TO SURGERY

Fill your prescriptions. Prescriptions should be filled prior to surgery so they are available once you return home. Please note the date on your prescriptions – they must be filled within 2 weeks of the date.

Confirm lab results and clearance. Pre-operative testing and clearance, if requested, are due in our office one week before surgery.

Purchase: Tylenol (acetaminophen) Colace (stool softener) Hibiclens

Gatorade/Sports Drink Soft, Bland Foods (yogurt, applesauce)

THREE DAYS BEFORE TO SURGERY

Do not shave on or near the surgical area.

Healing Supplements. Begin taking your VitaMedica Arnica and Bromelain, following the provided instructions.

TWO DAYS BEFORE TO SURGERY

Expect a pre-operative phone call from one of our nurses.

Move essential items at home from high to low shelves or where you can reach them more easily.

DAY BEFORE SURGERY

Confirm your route to and from surgery with the responsible adult who will drive you. Also confirm plans with your 24-hour support person and make certain he or she has all of your post-operative instructions.

Shower as directed.

Face Procedures: Wash with gentle face soap.

Body Procedures: Use Hibiclens to wash the surgical area thoroughly. Remove all dark finger nail and toe nail polish.

Hydrate well. Drink plenty of water until you go to bed.

Do not eat or drink anything after 12 am. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel and reschedule surgery. The same applies for candy, gum, and mints.

Get a good night's rest.

THE DAY OF SURGERY

NOTHING by mouth. Do not eat, drink (not even water), chew gum or suck on hard candy after midnight the day before surgery. Take medications with a sip of water as previously instructed.

Wear comfortable, clean, loose-fitting clothing. Wear only a top that zips or buttons up the front. Do not wear pullovers, turtlenecks, or any tight-fitting tops or bottoms. Wear flat shoes.

Leave contact lenses, jewelry and valuables at home. Do not wear make-up, jewelry of any kind, contact lenses, false eyelashes, hair accessories or body piercing. (If there is something you cannot remove, let the admitting nurse know right away.)

Shower as directed.

Face Procedures: Wash with gentle face soap.

Body Procedures: Use Hibiclens to wash the surgical area thoroughly. Do not apply lotion, perfume, hair spray, deodorant or powder to your skin.

Place Scopolamine transdermal patch (if prescribed) behind ear...2 hours prior to surgery.

Restart VitaMedica Arnica and Bromelain once you return home from surgery.

PLEASE REMEMBER TO BRING THESE ITEMS IF YOU USE THEM

Glasses

C-Pap Machine

Hearing Aids

Phone number of your driver

Inhaler

Advanced Directive

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his staff any questions I have related to these instructions or about my procedure, health and healing.

Patient Signature

Date

Printed Name of Patient

Signature of Practice Representative and Witness

July 2018