Do's and Don'ts for Surgery

What to Do the Day Before Your Surgery

General Instructions

- Shower before bedtime.
- Use a clean, dry towel to dry your skin.
- Put on freshly laundered underwear and pajamas.
- Sleep in fresh laundered bed linens.
- Wear loose fitting, comfortable clothes.
- Make arrangements for a responsible adult to drive you home after surgery and a responsible adult
 to stay at home with you for 24 hours after surgery. People recover from anesthesia at different
 rates; for your safety, we require you to be accompanied by a responsible adult at the time of
 discharge.
- Bring personal items you may need if you are staying overnight at CDH.
- If prescribed, bring insulin and inhalers with you. Contact your doctor prior to the day of surgery for instructions on how to manage your diabetes on the day of surgery.
- Limit the number of family and friends who accompany you to the hospital. Only one guest will be allowed in the Preoperative Holding Area.
- Call your surgeon if you develop any cold symptoms (cough, sore throat, runny nose), develop a fever, have a new cut or wound or any other changes before surgery.

What to Do the Day of Your Surgery

- Arrive at CDH at or before your scheduled check-in time.
- Call us if you cannot come at your scheduled time.
- Don't wear makeup, jewelry or contact lenses the day of surgery.
- Don't bring money or valuables to CDH.
- Do not use SAGE cloths the morning of surgery. This will be done at CDH.

What Not to Do the Day Before Your Surgery

- Don't eat or drink anything after midnight the night before surgery unless specifically instructed by your surgery confirmation nurse. If you are not sure, call us.
- Don't smoke after midnight the night before surgery. If you would like assistance with smoking cessation, or are concerned with stopping smoking, please contact your surgeon.
- Avoid all hair styling products after you bathe or shower.