

# SURGERY CHECKLIST

- Completed Pre-Surgical History and Physical examination by your primary physician within 30 days of your surgery.
- Make arrangements to have a responsible adult with you before, during, and after surgery. This person will receive your discharge and care instructions, drive you home, and stay with you for 24 hours after surgery.
- Shower the night before surgery or in the morning.
- You may brush your teeth the morning of surgery.
- Wear loose, comfortable clothing.
- Remove *all* jewelry, including *all* piercings. *Leave at home.*
- Bring glasses and hearing aids. *Do not wear contacts.*
- For cataract patients, bring eye medications. *No Makeup.*
- No perfume/cologne/lotion/make-up/hair products.
- Remove nail polish or artificial nails.
- If applicable, take blood pressure, heart, and seizure medication with *small* sips of water the morning of surgery. *(If your doctor allows)*
- Bring your photo ID, insurance card, prescription card, any payments, and call your insurance company prior to surgery date with any billing questions.
- Consult your physician regarding your insulin or any other medication questions.
- Arrive at least *60 minutes* before your scheduled time.

## Eating and Drinking Instructions

### Adults:

- No solid foods 8 hours before surgery. *(This includes chewing gum)*
- You may have *small* sips of plain black coffee (*No cream or sugar*) or *small* sips of clear liquids until 2 hours prior to surgery (*Black coffee, water, apple juice (no pulp, no cider), Pedialyte, Gatorade, Powerade*).

### Pediatrics:

- No solid foods and formula 8 hours before surgery. May have breast milk 4 hour before surgery.
- Small* sips of clear liquids until 2 hours prior to surgery (*Water, apple juice (no pulp, no cider), Pedialyte, Gatorade, Powerade*).

## Nicotine Products and Smoking Instructions

- No* Tobacco, *No* Alcohol, *No* Nicotine 24 hours before surgery. *(Includes chewing tobacco/gum, smoking, e-cig, etc.)*

*For your safety, it is important to follow all of the instructions outlined in this guide, unless stated otherwise by your RSC Pre-Surgical Call Nurse.*