



Plan to:

- Wear comfortable clothes to the hospital. It will be difficult to get dressed after surgery.
- Have a responsible adult available to discharge you from the hospital and drive you home.
- Consider having someone available to care for you 24 hours after surgery.
- **If you get driven by RTC or another transportation service** you will need to bring someone with you to sign discharge paperwork as you will have been sedated and will not be allowed to sign it for yourself.

Important:

- **DO NOT eat or drink anything after midnight the night before your surgery.** If you do, your surgery WILL be cancelled. This includes gum or hard candy.
- **DO NOT** smoke after midnight. Try to cut down or stop one week prior to surgery.
- **DO NOT** drink alcohol 24 hours prior to surgery.
- **DO NOT** take any aspirin like products such as: (Advil, Motrin, Aleve, ibuprofen, naproxen, Relafen, blood thinners, etc.) **one week** prior to surgery.
- **DO NOT** wear make-up, nail polish, or jewelry on the day of surgery.
- **DO NOT** bring valuables to the hospital.
- **DO NOT** bring your children to the hospital with you.
- Notify your surgeon immediately if you have a change in physical condition such as:
 - Cold
 - Flu
 - Fever
 - Sore Throat

If you have any questions or concerns please call our office.