

PRE-OPERATIVE INSTRUCTIONS

- 1.) NOTHING to drink or eat after midnight, not even water, unless specifically instructed by the doctor.
- 2.) Do not bring any valuables, jewelry, watches, wallets, etc.
- 3.) Remove contact lenses, removable bridges, dentures, etc.
- 4.) Wear loose fitting clothing and a button up shirt (old!).
- 5.) Do not bring any medication with you unless specifically instructed by the doctor.
- 6.) You MUST have arrangements for a responsible adult to drive you home and stay with you at least the first night.
- 7.) Allow plenty of time to arrive promptly at your scheduled appointment. There is an entire team of professionals planning their entire day around each patient's scheduled surgery.
- 8.) If you are having breast surgery, be sure to bring your sports-bra.
- 9.) Your ride should bring an old blanket or towels for the car seat in case you have some drainage.
- 10.) If you have a problem the morning of surgery, call _____.
- 11.) Your scheduled appointment for your surgery is _____ a.m./p.m. on M T W Th F _____. Plan to arrive a few minutes early.

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