

## STEP 4: DAY OF SURGERY GENERAL GUIDELINES

- DO NOT eat solid food or drink alcohol after midnight the night before your surgery.
- Confirm with your surgeon's office whether you may drink water, clear juice, black coffee or black tea up to four hours before surgery.
- DO NOT wear make up, nail polish, hair spray, body lotion, or perfume.
- Remove all jewelry (including wedding rings, earrings and any body piercings). Leave all valuables at home.
- Please bring your medications to the hospital if you were told to bring them. If you have been instructed to take your medication before the surgery, take it with a **small** sip of water.
- If you use a CPAP machine, bring it with you to the hospital.
- Wear loose, comfortable clothing. Bring your glasses, dentures, hearing aids, and storage cases. You will not be able to wear contact lenses.
- Bring a copy of your Health Care Proxy or Living Will if you have one.
- Bring only one family member or friend with you on the day of surgery (please try to avoid bringing a child below the age of 16). Your family member or friend will be given instructions about where to wait during your surgery.
- We will ask you to identify who will drive you home after surgery. If you cannot identify who will drive you home, your surgery will have to be rescheduled.
- If you are under 18 years of age you must be accompanied by a parent or legal guardian.