

Preparing for Surgery

- If you develop a cold, fever or sore throat within a few days of your surgery, or have other questions or concerns, call our office **817-465-5311**.
- If you smoke, stop immediately to improve your blood flow and breathing.

The Night Before Surgery

- The night before your surgery, you can eat a normal meal, but do not eat, drink or chew anything after 12 o'clock midnight. This includes gum, mints, water, etc.
- When brushing your teeth, avoid swallowing any water.
- Bathe or take a shower, wash from your neck down with the anti-bacterial soap provided.

On the Morning of Surgery

- Proceed with your routine morning care. If you bathe or take a shower, wash from your neck down with anti-bacterial soap.
- Women should not wear any makeup and must remove any nail polish.
- Bring all your prescription medications with you.
- Leave jewelry, watches, money and other valuables at home or with the person who accompanies you.
- We recommend that you dress in comfortable clothing that's easy to fold. You will be given a garment bag so that your clothing can be given to the family member or friend who accompanies you. When you are transferred to a nursing floor, you may use your personal robe and toiletries.

On the Day of Your Surgery

- Tell your doctor what medications you're taking, especially aspirin or an anticoagulant ("blood thinner"). Your doctor will tell you if you should stop taking them. Also bring a complete list of your current medications (including over-the-counter drugs, vitamins and herbal supplements), allergies, your medical records and health insurance information.
- To help prevent infection, any hair in an incision area may be shaved.

Arriving at the Hospital

- When you arrive at the hospital, you will be directed to the Pre-Op area. You will be given a hospital gown to wear. All clothing and other valuables should be given to your family members or the person who accompanies you. If you are unaccompanied, please tell your nurse and the nurse can have your items locked up prior to surgery.