

PREPARING FOR SURGERY CHECK LIST

Pick up your prescriptions at your pharmacy. Bring all of your prescription medications (with labels) to the facility on the day of surgery.

Avoid any herbal medications, aspirin, ibuprofen, blood thinners, estrogen, testosterone or Tamoxifen a minimum of 7 days before surgery. Please notify the practice if this has not occurred.

Wear loose fitting clothing, button up shirts, and flat shoes on the day of your procedure.

Do **not** wear jewelry, contact lenses or make-up on the day of surgery.

Remove hair extensions if attached with metal and any metal piercings prior to the procedure.

Remove your nail polish if you are having surgery at the hospital.

Shower both the evening before surgery and the morning of surgery. Wash the surgical area with Hibiclens both times. Do **not** use the Hibiclens after surgery.

Assign a responsible adult to take you home after surgery. You should have an adult assist you the first night after surgery or when you return home from the hospital.

Notify the practice if you have had a significant change in your medical history, have been ill or have been exposed to a sick individual (COVID, etc).