

Before Surgery:

Two weeks before surgery:

- Discontinue any herbal supplements, including Vitamin E and fish oil.
- Check with your doctor regarding daily aspirin. Discontinue if possible.
- In the 1-2 weeks before surgery, you will have a pre-admission testing appointment. You will have a physical exam and will discuss anesthesia. The appointment also may include bloodwork, EKG, and/or a chest x-ray. If you have more questions about anesthesia after this appointment, you can call them at **(617) 983-7179**.

One week before surgery:

- Discontinue any NSAID medications: ibuprofen, naproxen, Motrin, Advil, and Aleve. Tylenol is allowed.
- Check with your doctor if you take any blood thinners. Discontinue if possible.
- Arrange to have someone drive you home once you are ready to be discharged.
- Arrange for someone to be at home with you during the first 24 hours after surgery.

The day before surgery:

- Between 1pm and 3pm, call the Day Surgery Unit at **(617) 983-7179** to confirm your time of arrival for surgery.
- Do not eat anything after midnight the night before surgery. You may drink clear liquids, which includes water, ginger ale, black coffee, black tea, and Sprite up to 3 hours before surgery.
- Remove your nail polish.
- Pack a bag for your hospital stay. Don't forget your:
 - Asthma inhalers, CPAP or other breathing devices
 - Eyeglasses
 - Dentures
 - Hearing aids
 - Comfortable clothes to wear home, including any post-surgical garments you have been prescribed or given.
 - A pillow to put under your seat belt chest strap, if appropriate.

The morning of your surgery:

- If you are advised to take a medication, just take with a small sip of water.
- If you are diabetic, do not take insulin or diabetes medications.
- You may brush your teeth.
- Do not wear contact lenses.
- Do not wear any jewelry including rings.
- Leave your valuable items at home (credit cards, checkbook, etc.)

Report to the Day Surgery Pre-Op unit on the first floor of the hospital at the designated time.

My arrival time is: _____