

## PREPARATION FOR SURGERY

### The Night Before Surgery

- NO BLUE NAIL POLISH
- Have a regular meal with fluids (water) at a *reasonable* time (Before 10:00 PM) unless advised otherwise by the Anesthesiologist
- NO SNACKING AFTER DINNER
- GET A GOOD NIGHT'S SLEEP
- MEDICATIONS should be taken/postponed as directed by the Anesthesiologist

### The Day of Surgery

- NO FOOD to eat after MIDNIGHT, but water and/or Gatorade are allowed until 2 hours before appointment
- BRING an EXTRA set of clothes
- Dress Appropriately:

YES	NO
Loose-Fitting Clothes	Long-Sleeve Shirt
T-Shirt	Sweaters
Short-Sleeved	Leggings covering the feet
Socks	Onesies

- Hair
  - Long hair to be tied back *low* on the head
- NO Jewelry (Earrings, finger rings, necklaces, bracelets, watches)
- NO Valuables

***The Anesthesiologist reserves the right to cancel the scheduled surgical appointment for any reason that may jeopardize the safety of the anesthetic procedure.***

QUESTIONS OR NOT SURE OF SOMETHING? CALL THE OFFICE: \_\_\_\_\_

YOUR APPOINTMENT DATE: \_\_\_\_\_

YOUR APPOINTMENT TIME: \_\_\_\_\_