

The following are generic instructions for before your surgery. Please follow the specific instructions given to you by your physician.

### **Before Your Surgery:**

- **Do not eat or drink anything after midnight** (this includes water, coffee, juice, gum or candy) unless you are given different instructions by your surgeon or anesthesiologist. It is dangerous to be put to sleep or sedated when you have food or liquid in your stomach. Please follow instructions given by the surgery center nurse regarding preoperative medications.
- Please bathe or shower the night before or morning of your surgery.
- Try to get a good night of rest before the morning of your surgery.
- Jewelry and/or makeup should not be worn the day of surgery. Valuables such as jewelry, cash, credit cards, etc., should be left at home.
- Contact lenses are not to be worn to surgery. If you wear contact lenses, please bring your contact case with you or wear glasses.
- As a rule, dentures (full or partial) must be removed prior to surgery. You will be provided with a denture cup so that they can be returned to you as soon as possible following surgery.
- Before any medication is given or other preparations are started, you must sign a consent form. Signing the consent form means that you understand your doctor's explanation of the surgical procedure.
- If you are having anesthesia services, you will not be permitted to drive yourself home after surgery. The drugs and/or anesthesia you may receive will make it unsafe for you to drive a car, walk to your home, or use public transportation. Please arrange for a responsible adult to drive you home within one (1) to three (3) hours after your surgery and remain with you during the first night after surgery.