



## Preparing for Your Surgery



### Overview

Before any surgery, you need to prepare. You'll be given instructions to follow. While there may be many things you need to do, let's review the basics.

### Pre-planning

First, in the days before your surgery, plan for your recovery. Fill any prescriptions you may need. Figure out who will take you to and from the surgery. And make sure you have what you need to be comfortable while you heal.

### Just before surgery

As you near your surgery time, review your instructions carefully. You may be asked to stop eating and drinking for several hours before surgery. You may be told how to shower, shave or clean the surgical site. Don't wear any makeup on the day of surgery. Don't wear nail polish. Don't wear contact lenses. And let the care team know about dentures or other prosthetics.

### Don't forget

Leave your jewelry and valuables at home. Bring your ID and health insurance card. And bring comfortable, loose-fitting clothes to wear after your surgery.

### Conclusion

Follow all of your instructions closely. They help keep you safe. If you don't follow them, your surgery can be canceled. For more info, talk to your care provider.

