

*By following these tips you can help our caring, professional staff provide you with a surgery experience that is safe and effective. Sharing these tips is one more way Portneuf provides helps our patients receive the best medical care available. If you have further questions, please ask your doctor.*

- **Do** continue to take scheduled blood pressure or heart medication, but with no more than one ounce of water unless instructed otherwise by your physician. Check with your doctor whether you should take your medication for diabetes, asthma, seizures or acid reflux.
- **Do** be sure to check with your doctor about when to discontinue taking Plavix or any blood thinning medication.
- **Do** arrange for a responsible adult to drive you home and stay with you for the first 24 hours after surgery. *If you do not have someone to drive you home, it may be necessary to cancel your surgery.*
- **Do** plan to bring glasses, hearing aids or any appliances your doctor has asked you to bring.
- **Do** plan to wear loose, comfortable clothing. A shirt that buttons up the entire front is best. Either wear, or bring, loose fitting pants that are easy to put on.
- **Do** remove all jewelry and leave at home. Remove finger rings if you are having surgery on your arm, hand, or fingers.
- **Do** plan to shower or bathe with an antibacterial soap before your arrival. This can be purchased at most grocery or drug stores. Please do not use any body lotions, oils or perfumes on the area where you will be having surgery.
- **Do not** drink alcohol after 6 p.m. the day before surgery.
- **Do not eat or drink anything after midnight the night before your surgery. This includes water, coffee, gum, or mints.** *If you do, it may be necessary to cancel your surgery.*
- **Do not** smoke or use chewing tobacco after midnight the night before your surgery.
- **Do not** take *aspirin, coumadin*, or any anti-inflammatory medications such as *ibuprofen, naproxyn, or celebrex*. Also, do not take *Vitamin E*. If you take these or any other over-the-counter medications regularly, call your doctor to see when and if you should stop taking them. This includes vitamin supplements.

## For Children and Developmentally Disabled Patients

- **Do** check with the patient's doctor or Same day Surgery Registered Nurse to see what food or drink is allowed the night before surgery
- **Be sure** that a parent or legal guardian will be there on surgery day to sign the consent form. ***The legal guardian will need to bring proof of guardianship.***
- **The parent or legal guardian** will need be able to stay in the surgery waiting area during the surgery and recovery period. This is so the surgeon or staff can speak with them if necessary
- **Please** make childcare arrangements for other children, if necessary.