



Outpatient Pre Surgery Instructions

1. Do not have anything to eat or drink after midnight on the night before your surgery, including food, water, tea, coffee, juice, mints, or gum. Medications prescribed by your physician are fine.
2. For 24 hours before and after surgery, do not drink alcoholic beverages. Aspirin products, blood thinners, vitamin E supplements, herbal medications, and herbal teas must also be avoided for two weeks before and two weeks after surgery.
3. NO smoking!
4. A responsible adult must be present to drive you home after surgery and spend the night with you.
5. You should shower the morning of your surgery and wash your hair, but please do not apply any lotion, powder, cream, or deodorant product. Please wear a button or zip-up outfit that is loose and comfortable, nothing that needs to be slipped over your head. You may wear glasses, but not contact lenses. Please leave all jewelry at home.