



Knowing what to expect about an upcoming surgery can provide comfort to both you and your family. Please use the following information as a guideline for your surgery.

- Once your surgery is scheduled, your surgeon's office will inform you of what time to arrive. Please do not be late, as your surgery could be delayed.
- Bring all equipment and paperwork your surgeon may have given you prior to surgery. This includes crutches, braces, and slings.
- Arrange for a responsible adult to drive you home the day of surgery. You will not be allowed to drive yourself home or to take a taxi/bus home or to your hotel. You should also arrange to have a responsible adult to stay with you for 24 hours following the surgery to provide assistance.
- Please shower or bathe prior to coming in for surgery. It may be 1-2 days following the surgery before you will be able to shower.
- Dress comfortably the day of surgery. Wear loose fitting clothing. If you are having shoulder surgery, wear a button up shirt. You may have to wear a brace or a bulky dressing after surgery.
- Please have method of payment for the surgery and prescriptions.
- Please leave all other valuables at home.
- Jewelry is not allowed in the operating room; therefore, please leave it at home. This includes all body piercings and wedding rings.
- Contact lenses are not allowed during surgery, so please wear your glasses or bring your contact lens case.
- Do not eat anything by mouth after midnight the night before your procedure. This includes food, candy, gum, breath mints. You may have some small sips of water three hours prior to your scheduled time to come in. You may brush your teeth the morning of your procedure, provided nothing is swallowed.
- Drink a lot of water, non-alcoholic, and non-caffeinated beverages the day before surgery. You will feel better following surgery, and it will also help with your IV start if you are well hydrated. This is particularly true if you have just arrived at the high altitude.
- If you use tobacco, please refrain from using it 24 hours before surgery.
- Please bring a list of all medications you're taking, including herbal and over the counter medications.
- If you have any allergies to medications, latex, tape, soap, or food, please inform your surgeon's team at your office visit prior to surgery.
- Do not take anti-inflammatory medications (e.g., Aspirin, Ibuprofen, Motrin, Advil, Aleve, etc.) for 1-2 weeks prior to your procedure, unless otherwise directed by your physician. If you take any medications or herbal supplements call the preop nurses at (970) 477-8205 to discuss if you should take them prior to or the day of surgery. When taking any medications the day of surgery, only take with a sip of water. If you have asthma, please bring your inhalers. If you needed medical clearance from your



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## Preparing for Surgery

cardiologist or family physician prior to surgery, please bring all lab work, EKGs, and any medical documentation with you.

- Please do not shave your surgical sight prior to surgery. If you were to accidentally cut yourself, your surgery could be cancelled due to of the risk of infection.
- If you feel ill within 24 hours prior to surgery, please notify your surgeon's office and the pro-operative Service Department at (970) 477-8205.
- The pre-op nurses will attempt to call you prior to the day of your procedure to go over any pertinent information prior to surgery.