

Important Instructions for the night before and day of your surgery:

Use Chlorhexidine to take a shower the night before surgery and the morning of surgery.

DO NOT use this soap on your face, hair, ears, mouth or private parts.

1. Remove all jewelry prior to showering. Using a clean wash cloth and towel:
 - a. Shampoo your hair, wash your face and private parts with your own products first.
 - b. Wash from your chin to your toes with the Chlorhexidine soap.
 - c. Brush and floss your teeth the night before and morning of surgery to reduce the risk of infection.
 - d. LEAVE ALL JEWELRY AT HOME.
 - e. REMOVE ALL MAKE-UP DAY OF SURGERY.
2. **DO NOT** use sprays, gels, creams, lotions, or perfumes after shampooing and showering.
3. **DO NOT** shave or wax any body parts including: legs, underarms or surgical site for 1 week before surgery.
4. If a yellow bracelet is placed on your arm, **DO NOT REMOVE IT.**
5. Diet instructions
 - Follow your surgeon instructions for what you may take by mouth. Instructions may vary.
 - Take nothing by mouth 8 hours prior to surgery for solid food. You may have less than 8 oz of a clear liquid up to 2 hours before the procedure. This includes: water, apple juice, Pedialyte, clear tea or black coffee. **NO MILK OR CREAM.**
 - Take nothing by mouth after midnight except sips with medications
6. You **SHOULD TAKE** the following medication the morning of surgery with a sip of water.

THE MORNING OF YOUR SURGERY

- **Check-in at the Day Surgery Desk two hours prior to your surgery time unless instructed otherwise.**
- **Please verify time with your surgeon! If you are going home you MUST have a caregiver with you on discharge that can be with you 24 hours. LEAVE ALL VALUABLES AT HOME.**
- You can park in the Emergency room parking lot. Day Surgery is located at entrance #2, which is located near the Emergency entrance.

If you have any question, call the pre-op clinic nurse at 907-212-6013.