



## Education

### Instructions for the Patient Before and After Surgery

At your appointment before your surgery, your health care provider will go over the instructions you should follow before the surgery. After the surgery, your provider will discuss instructions for care of your wound and recovery from the surgery. Be sure you discuss any questions or concerns you have about preparing for and recovering from the surgery.

#### Instructions Before Surgery

- Please arrive at the appointment time (\_\_\_\_\_) at \_\_\_\_\_.
  
  - Do not smoke for at least 2 weeks before your procedure. It is best to quit 6 to 8 weeks before surgery.
  
  - If you need a minor pain reliever in the week before surgery, choose acetaminophen rather than aspirin, ibuprofen, or naproxen. This helps avoid extra bleeding during surgery. If you are taking daily aspirin for a medical condition, ask your provider if you need to stop taking it before your surgery.
  
  - If you need to have any lab tests or x-rays before surgery, have them done at least 2 days before the day you have surgery. Bring your x-rays or test results with you.
  
  - The evening before surgery have a normal meal. Do not drink any alcohol.
  
  - After midnight the night before surgery **do not eat or drink anything**, including:
    - water
    - food
    - chewing gum
    - candy.
  
  - If you take medicines daily, ask your health care provider when you should take your last dose before surgery.
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- (  ) Take the following medicines with a sip of water on the day of surgery:

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- (  ) On the morning of your surgery, take a bath or shower.
- (  ) Do not bring valuables such as jewelry or money.
- (  ) Do not put on makeup, nail polish, acrylic nails, lotion, deodorant, or antiperspirant on the morning of your surgery.
- (  ) Wear comfortable clothes. Wear your eyeglasses or hearing aides if you have them.
- (  ) Make arrangements for someone to drive you home after surgery if you expect to go home the same day as your surgery. Do not drive a car or operate machinery for 24 hours after your procedure.
- (  ) Make arrangements to have help at home while you are recovering from the surgery.
- (  ) Follow any other special instructions your provider gives you.

### **Instructions After Surgery**

- (  ) Ask your health care provider which of the following medicines you should use for pain:
- (  ) acetaminophen (Tylenol)
- (  ) anti-inflammatories (aspirin, ibuprofen, naproxen)

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- prescription pain medicines.
  - Ask your provider whether you should expect nausea and vomiting or other side effects and how you should treat them.
  - Ice packs wrapped in a cloth or towel and placed on the area of pain may help the first 24 hours.
  - Ask your provider how to care for your surgical wound. This includes knowing:
    - when to change the dressing
    - when to bathe or shower and if you need to protect your dressing during bathing
    - whether you need to protect your dressing when you bathe
  - Ask your provider if you need to limit your activity and for how long.
  - Ask your provider when you should call about:
    - fever greater than 100°F (37.8°C)
    - bleeding
    - worsening pain
    - worsening swelling.
  - Make your follow-up appointment according to your provider's instructions.
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- ( ) Follow any other special instructions your provider gives you.

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