

PREPARATION FOR SURGERY

The Night Before Surgery

- NO BLUE NAIL POLISH
- Have a regular meal with fluids (water) at a *reasonable* time (Before 10:00 PM) unless advised otherwise by the Anesthesiologist
- NO SNACKING AFTER DINNER
- GET A GOOD NIGHT'S SLEEP
- MEDICATIONS should be taken/postponed as directed by the Anesthesiologist

The Day of Surgery

- NO FOOD to eat after MIDNIGHT, but water and/or Gatorade are allowed until 2 hour before appointment
- BRING an EXTRA set of clothes
- Dress Appropriately:

YES	NO
Loose-Fitting Clothes	Long-Sleeve Shirt
T-Shirt	Sweaters
Short-Sleeved	Leggings covering the feet
Socks	Onesies

- Hair
 - Long hair to be tied back *low* on the head
- NO Jewelry (Earrings, finger rings, necklaces, bracelets, watches)
- NO Valuables

The Anesthesiologist reserves the right to cancel the scheduled surgical appointment for any reason that may jeopardize the safety of the anesthetic procedure.

QUESTIONS OR NOT SURE OF SOMETHING? CALL THE OFFICE: _____

YOUR APPOINTMENT DATE: _____

YOUR APPOINTMENT TIME: _____