

The Night Before Surgery

- ✓ REMOVE 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

- ✓ DO NOT EAT OR DRINK ANYTHING.
- ✓ BRING A BLANKET
- ✓ BRING an EXTRA set of clothes
- ✓ Dress Appropriately:

YES	NO
Loose Fitting Clothes	Long-Sleeved Shirt
T-Shirt	Jeans
Short-Sleeved Shirt	Sweaters
Shorts	Leggings covering the feet
2-Piece Pajamas	Footsies
Socks	Onesies

- ✓ HAIR
 - Long hair to be tied back *low* on the head.
 - NO Braids.
- ✓ 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: _____

I UNDERSTAND THESE INSTRUCTIONS: _____