

## Day Before/Morning of Surgery: (Important information for the patient and caregiver)

1. Arrange for an adult (over 18) to drive you home and stay with you for 24 hours to help you and keep an eye out for any major complications. If they do not stay at the facility during your surgery, they should be within 10 minutes away and be prepared to receive your post-care instructions and help you with bandages and medications once you get home. They should leave their contact information at the front desk if they leave during your surgery.
2. Please share your post-care instructions with your caregiver if they are not able to be present during your pre-operative consultation. We may communicate with them regarding your care after you are home. **Whoever accompanies you must be aware of the procedure you are having and be authorized to receive your private health information & instructions, and assume responsibility for your care.**
3. Pack all prescribed medications to bring with you on the day of surgery. They may need to give them to you prior to or right after surgery. **Do not take any of your regular morning or newly prescribed medications** before you get there **unless** you have been instructed you to do so. Make sure Dr. Howard and the facility are aware of any medications, including vitamins, you take regularly, or any you've been withholding. **Also make sure you have informed them of any meds that you are allergic to, or if you have reactions to ointments, tapes, adhesives, latex, betadine, etc. Since you are supposed to withhold oral contraceptives for three days before surgery and will be taking antibiotics, you will be at risk of pregnancy until your next cycle.**
4. Shower several days before, and the morning of surgery with antibacterial soap. Do not apply any makeup, lotions, or deodorants in the a.m. You will not be able to shower again until 48 hours after surgery, though you may cloth-wipe for personal hygiene.
5. **Do not wear contacts**, or be prepared to remove and store them upon arrival. Severe eye damage could occur if contacts are worn during surgery with any type of sedation. It is not the same as sleeping in them.
6. **DO NOT WEAR NAIL POLISH.** The blood oxygen monitor is attached to the fingertip and must have a clear reading. Clear polish is fine, or tips/fake nails that only have clear polish would be fine.
7. **DO NOT WEAR ANY JEWELRY** (remove any rings, watches, and piercings or metals before you arrive). Metals anywhere on the body can be very dangerous during surgery and may cause severe burns. **They will have to be removed prior to your procedure.** If you arrive with piercings that you cannot easily remove, your surgery may be cancelled.
8. **Do not eat or drink anything** (not even water) for 8 hours prior to surgery, 6 hours prior for a clear liquid. If your surgery is in the morning, do not have any intake after midnight. If you have an afternoon surgery, consider getting up very early (8 hrs before surgery time) to have something light (eg. a piece of toast), or 6 hrs prior to have a clear liquid (water, seven-up, apple juice).
9. **Do not bring any valuables** (money/cell phone/jewelry). There will not be a place to store them that would be locked. You may want to bring a bag for storing your clothing and personal items during your surgery or that your caregiver can watch for you.
10. Unless you've had a tubal or hysterectomy, you will be required to perform a urine stick pregnancy test prior to your surgery. **DO NOT use the restroom immediately prior to or once you arrive until your pregnancy status has been determined.** **If you cannot provide a urine specimen upon arrival, your surgery will be postponed.**
11. Wear light, loose fitting garments and flat comfortable shoes. Wear something that opens down the front for easier dressing. (Bring adhesive sanitary items if you feel they will be necessary). For shorter upper body cases, patients may be allowed to leave their panties on during surgery, though they may get stained with surgical scrub. You should bring a clean fresh pair for afterwards just in case. You will be fitted with post-surgical dressings to wear home and during recovery that may include elastic bandages, compression bra, abdominal binder or other compression garment as necessary. Dr. Howard will give instruction as to when those items can be discontinued at your first followup visit.
12. If you have a long drive home, you may want to bring comfort items for the ride such as a blanket/pillow, crackers/7up, baggie or tray in case of nausea. Consider pre-purchasing a stool softener for your recovery since pain medications are very constipating.
13. Your caregiver can stay with you until it is time for you to go into surgery. They will not be allowed in the surgical preop and immediate recovery area. Please do not bring children with you to your surgery.
14. We try to anticipate your surgery time as close as we can, though it is not always exact. Tell your caregiver not to be worried if your surgery goes a little longer than anticipated. Someone will let them know just as soon as your surgery is over. When you are stable and awakening, they will be allowed to see you and stay in the room with you while you finish recovering.

*Please feel free to call or email with any questions: 573-635-9668, (info@howardplasticsurgery.com)*