

PRE- OP CHECKLIST

2 WEEKS BEFORE YOUR SURGERY

- STOP TAKING VITAMINS AND SUPPLEMENTS - SEE LIST
- STOP TAKING ANY BLOOD THINNING MEDICATIONS - SEE LIST
- STOP SMOKING FOR AT LEAST TWO WEEKS BEFORE SURGERY
- PICK UP YOUR PRESCRIPTIONS
- PURCHASE ANY FOLLOWING NON-PRESCRIPTION ITEMS AS PER YOUR POST-OP INSTRUCTIONS, IE GAUZE, QTIPS, HYDROGEN PEROXIDE
- If NEEDED, ANY MEDICAL CLEARANCE OR LAB WORK
- ARRANGE FOR SOMEONE TO STAY WITH YOU FOR THE FIRST 24 HOURS AFTER SURGERY
- CONFIRM YOUR RIDE FROM THE HOSPITAL

1 WEEK BEFORE YOUR SURGERY

- REQUEST RETURN TO WORK / SCHOOL FORM IF NEEDED
- ENSURE ALL BALANCES FOR THE SURGERY CENTER ARE PAID. ANESTHESIA USUALLY COLLECTS THEIR FEES AFTER THE SURGERY

NIGHT BEFORE YOUR SURGERY

- REFRAIN FROM ANY FOOD OR WATER AFTER MIDNIGHT
- RELAX!