



Preparations to make for the day of your surgery

- Follow your pre-surgery directions and diet as advised by your doctors
- Ask about when you should stop taking your regular medications prior to surgery. Fill any prescriptions you will need after surgery
- Ask your surgeon if it's safe to take ibuprofen or aspirin, vitamin E or herbal medications that you may have been taking previously
- Arrange for a friend or caregiver to drive you to surgery, and home
- Wear comfortable, loose fitted clothing
- Arrange for assistance for household chores and meal preparation at least for the first week when you first get home
- If you wear contact lenses, wear your glasses instead
- Don't wear any metal objects. Remove all jewelry, including body piercings
- The equipment used during your surgery can cause burns if it touches metal
- Don't put on any lotion, cream, deodorant, makeup, powder, perfume, or cologne on the day of surgery
- If you're menstruating use a sanitary pad, not a tampon
- Avoid shaving or waxing for at least a week before surgery
- For breast surgery patients, do not shave underarms. Shaving with a razor can nick the skin. This increases the risk of getting a wound infection