

PRE- SURGERY CHECKLIST

- Complete all your pre-procedure appointments for history & physical examination with your surgeon and primary care physician
- Completed blood work and EKG, if applicable, prior to surgery.
- Take a list of questions you may have regarding your procedure to discuss during your pre-op appointment. Bring a notepad to write down any information to review again at your leisure.
- Bring a list of all your prescriptions, supplements and over-the-counter medications that you are currently taking, including when you took the most recent dose, to your pre-op appointment. Let your doctor know if you take fish oil or a blood thinner as well as a multi-vitamin.
- Ask your surgeon/physician what medications you need to stop taking and how long prior to surgery you should stop using. This may be addressed between providers to maintain optimum care during your surgery and recovery time.
- Inform your surgeon if you have any allergies to latex or medications.
- Let your surgeon know if you have any tattoos or piercings and where they are located.
- Discuss with your surgeon prior to surgery the use of medication for pain management after surgery. Discuss any concerns you may have involving pain medication.
- Inform your surgeon of any alcohol or drug use prior to surgery.
- Discuss with your surgeon if you smoke, number of cigarettes or other tobacco products used per day, and the age when you started smoking.

- Inform your surgeon if you have a fever, cough, chills, or any localized pain within 48 hours prior to surgery.
- Please arrange for transportation home and a responsible adult to stay with you after surgery. Typically, the person accompanying you will be required to stay at the surgery center during your procedure. You may not drive after receiving sedation or anesthesia.
- Wear comfortable, loose, button/zipper front clothing and slide on shoes to the surgery center.
- Prior to your surgery, please obtain any equipment, supplies or garments that may be needed post operatively.
- Prior to surgery discuss childcare, if applicable, and make arrangements for coverage during your recovery period.
- Contact information should be provided to your surgeon for post op follow-up.
- Confirm your surgical post op appointment (date and time) prior to surgery.