

Preparing for Outpatient Surgery (Less Than a 24-hour Stay)

1. It is very important to have someone drive you both to the hospital and back home.
2. Bring all medication you take on a daily basis to the hospital. Please do not take any medication while in the hospital without consent from your physician or nurse.
3. Bring your insurance card to be presented at the time of admission.
4. Leave all valuables at home. Eyeglasses should be left in the care of a family member or friend.
5. Bring comfortable clothing for the ride home. For back surgery patients, loose fitting pants are recommended in order to avoid irritation of the incision. For neck surgery patients, loose collared shirts are preferred.
6. It is important to not eat or drink anything after midnight the night before your procedure. This means no chewing gum, hard candy or beverages.
7. If you take any blood thinners, aspirin, or frequent doses of anti-inflammatory medicines (NSAIDS such as Motrin, ibuprofen, Advil or Aleve), please check with your doctor's office about discontinuing these medicines prior to surgery.
8. If you are diabetic, please let the nurses know as soon as possible so your blood sugar can be checked prior to surgery.
9. You may want to fill your prescriptions on the way home because most surgery patients are advised against driving for a few days after surgery.
10. You will be given incision care instructions by the hospital/surgical facility before discharge.

Please contact your physician's office with questions.

