Patient Checklist in Preparation for your Surgery or Procedure

How should I prepare for my surgery?

☐ Be on time
☐ Provide your surgeon and PAES a contact number where you can be reached the day of surgery; arrival times may need to be changed
☐ Take only the medicine you have been told to take on the morning of your procedure
☐ Bathe or shower and brush your teeth before you come in
☐ Do not shave the surgical area
☐ Call your surgeon if you become sick, have cuts or rashes near the surgical site, or if you have other concerns before your surgery
☐ Do not eat anything after 11 p.m. the night before surgery – this includes candy, mints, or chewing gum
☐ Do not smoke for at least twelve (12) hours before your surgery
☐ If you are 17 years of age or younger, a parent or guardian must come with you to the hospital.
☐ Wear loose-fitting clothes and flat shoes
☐ Arrange for a responsible adult to take you home after your surgery if you are scheduled for an outpatient procedure
☐ Arrange for someone to stay with you for at least 24 hours when you return home
☐ Select one adult family member to stay the night as a partner in caring, to help with your care as much or as little as you’d like. All of our patient rooms are private; the nurses caring for you after your surgery will discuss the Care Partner Program with you.

What should I bring to the hospital?

☐ Copy of your Advance Directive (a power of attorney for healthcare document of a living will for healthcare) if you have one
☐ Current insurance information
☐ Driver’s license or photo ID
☐ List of medications and allergies (include vitamins, dietary supplements, and dosages) if not given to the PAES nurse
☐ Copy of ID card for your pacemaker or your implantable cardioverter defibrillator (AICD) if applicable
☐ Your glasses and/or contact lens case and solution; contact lenses may be removed before surgery

Please visit http://www.sharp.com/PAES for more information.