

## 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.