

BEFORE YOUR SURGERY

The Day of Surgery

What to bring, what to leave home, and the one thing that can't wait — your ride.

1 adult**Escort, required**

Must take you home and stay with you.

24 hrs**No driving**

Or signing legal papers, after anesthesia.

No ride, no surgery — **without a responsible adult to take you home, most centers must cancel.** Lock it in now.

Arrive on time

Come at **the time your facility gives you (often about 2 hours before)**. Arriving late can push back or cancel your case — build in extra time for traffic and parking.

Bring with you

Photo ID, insurance card, any copay or payment, your **medication list**, and cases for glasses, hearing aids, or dentures. Bring your CPAP machine if you use one.

Leave at home

Jewelry, watches, cash, and valuables. Take out contact lenses and most piercings before you arrive. Bring only what you truly need.

What to wear

Loose, comfortable clothing that fits over a bandage, and flat slip-on shoes. Skip makeup, lotion, perfume, and nail polish.

The morning of

Shower — if you were given a special antiseptic wash, use it exactly as instructed; otherwise a normal shower is fine. Brush your teeth but **don't swallow water**. Take **only** the medications your team approved, with a small sip of water.

Plan the rest of your day

Line up **childcare, pet care, and a quiet place to rest**. For 24 hours after anesthesia, don't work, drive, or make big decisions — and don't be the only adult caring for a child.

If anything changes

Running a fever or cold, or lost your ride? Call — don't just skip it. We would rather move your surgery than have you arrive unsafe. Call Your facility's care team.

Questions before your surgery? Call your pre-op team
Your facility's care team

Your Surgery Center · Patient education for surgery.
Educational information only, not personal medical advice.
Always follow the specific instructions from your care team.