

BEFORE YOUR SURGERY

The Night Before Surgery

A calm way to get through tonight - and into tomorrow.

Feeling nervous tonight is completely normal.

Make tonight simple, then let the rest go. Your team has tomorrow handled.

Finish eating on time	Have your last meal or snack before your fasting cutoff, then only clear liquids if you're allowed - and stop when your team told you to.
Get ready, not anxious	Lay out what you'll bring (ID, medication list, comfortable clothes) and set an early alarm with time to spare.
Confirm your ride	A responsible adult needs to drive you home and stay with you. Check in with them tonight so there are no surprises.
Let the rest go	You don't have to solve anything tonight. The people caring for you tomorrow do this every single day, and from the moment you arrive, someone is focused entirely on you.
If your mind is racing	Try slow breathing: in for four, hold for four, out for four. A few rounds and your body starts to settle. Then rest as well as you can.

Questions before tomorrow? 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.