

Delaware Valley Plastic Surgery, P.A.

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PLASTIC & RECONSTRUCTIVE SURGERY



The Night Before Surgery

- 1) Make sure you have all prescriptions that will be needed after the surgery. Purchase all prescriptions and supplies from the pharmacy in advance. This way you will have the medications at home when you need them. See enclosed sheet for the list of prescriptions and supplies that you will need.
- 2) Many patients experience constipation after surgery. This is commonly caused both by anesthesia as well as narcotic pain medication. It is a good idea to have at home some fiber products such as Metamucil and a bottle of prune juice just in case this happens.
- 3) Nothing to eat or drink after midnight except prescribed medications with a sip of water. This is extremely important! No coffee in the morning!
- 4) Please remove any nail polish or it may need to be removed as it can interfere with monitoring equipment.
- 5) Make sure you have arranged for a ride to and from the hospital or surgical center. You will not be able to drive a car after anesthesia.
- 6) Try to get a good night of sleep. If you typically have difficulty sleeping in situations like this please call the office and we can arrange a prescription for a sleeping aid.
- 7) Morning of surgery: No gum, candy, mints in the morning. No coffee. Wear loose, comfortable clothes to the hospital. Wear glasses not contact lenses. Take usual medications and any prescriptions as directed with a small sip of water.
- 8) Arrive to the hospital or surgical center on time. You will receive a phone call the day before surgery telling you what time to arrive. This is usually approximately two hours prior to the scheduled surgery start time. This allows time for the nurses to complete needed paperwork, to review all lab work, to review all consent forms, and to start an i.v. line. This is a time consuming process and it is very important to be on time.