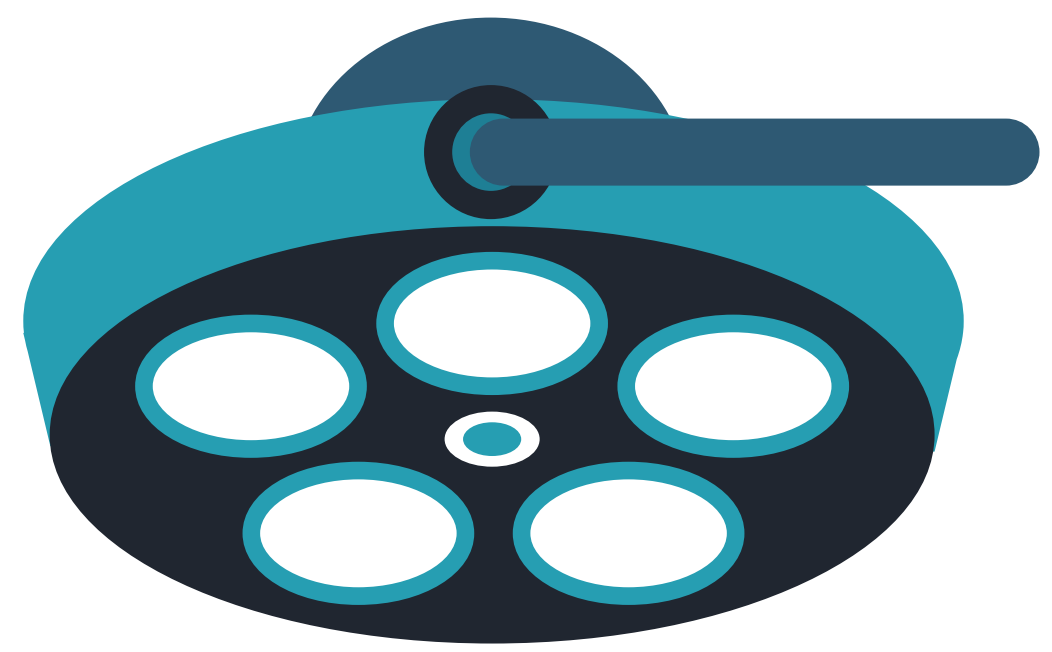


Pre-Operative Checklist

www.mededmaterials.org



Medications:

- **Should I continue to take my blood thinners?:** Coumadin, Plavix, aspirin, and non-steroidal anti-inflammatory drugs impair blood clotting and **may** need to be stopped prior to surgery. **Ask** your general practitioner and surgeon if you are unsure what to do to prevent an unforeseen surgery delay or cancellation.
- **Avoid new medications:** Your surgeon may ask that you avoid medications such as Ibuprofen if you have a headache the week before your procedure. When in doubt, ask.
- **If you have diabetes:** Poor blood sugar control can impair wound healing. Certain medications like metformin may need to be stopped prior to surgery. Ask your surgeon for details.

Preventing surgical site infections

- Wash your hands frequently and follow any hygiene instructions given.
- Do not shave unless instructed to do so. Razors may break the skin and allow bacteria to enter.
- **Quit smoking:** nicotine can constrict blood vessels and impair wound healing
- Take any antibiotics your surgeon prescribes as directed.

Day before surgery.

- Ensure you have reliable transportation to and from the hospital/surgery center
- Do not drink alcohol or smoke
- Do not eat after midnight
- Remove nail polish and dentures
- If you will stay in the hospital overnight, remember to bring:
 - Inhalers, glasses, dentures, hearing aids, comfortable clothes, and toiletries
 - Reading materials or music to help pass the time. Wi-Fi is usually available in the hospital

Day of surgery.

- Do not wear contact lenses, deodorant, makeup, or perfume
- Leave valuables at home
- Bring insurance cards, photo ID and pre-operative paperwork as required
- Wear loose fitting, comfortable clothing
- Your surgeon may place a catheter into your bladder to drain your urine once you are under anesthesia

Disclaimer: Med Ed Materials, 2023.

This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



Source:

<https://www.advocatehealth.com/health-services/surgical-services/preparing-for-surgery/pre-operative-checklist>