

PATIENT INSTRUCTIONS: THORACIC SURGERY PREPARATION

Your surgery appointment information

Date: _____ Time: _____ Desk: _____

Please follow these important instructions before you come to the hospital for surgery.

The Evening Before Surgery

Eating and Drinking: Eat a normal meal the evening before your surgery.

DO NOT eat or drink anything after midnight (this includes gum, mints and water).

If you are having **esophageal surgery**, follow the dietary guidelines you discussed with the nurse.

Bathing: Take a bath or shower. Use the antibacterial soap you got at your pre-surgery appointment. Wash from your neck down.

Brushing your teeth: Brush your teeth, then gargle with the Listerine we gave you. Use half the bottle and gargle for no more than 30 seconds.

The Morning of Surgery

Eating and Drinking: **DO NOT eat or drink anything (including gum, mints and water).**

Bathing: Bathe or take a shower. Use the antibacterial soap you got at your presurgical appointment. Wash from your neck down. Do not use powder, cream, lotion or perfume. You can lightly apply deodorant.

Brushing your teeth: Brush your teeth, then, gargle with the rest of the Listerine. Do not swallow any water or mouthwash. Do not gargle for more than 30 seconds.

Medicine: Follow the guidelines on the restricted medications list. Take only the medicine that you were told to take the morning of surgery. Swallow your pills with the least amount of water possible.

Hair: Wear your hair loosely. Do not use clips, pins or bands that bind your hair. Do not use hair spray. If you wear a wig or hairpiece, you will need to remove it before surgery. We will give you a head cover to wear.

Cosmetics/Nails: Do not wear makeup or nail polish. If you have artificial nails, remove the nail from one finger on each hand (the index or middle finger is best). This lets us monitor your oxygen level during surgery.

What to wear: Wear comfortable, easy-to-fold clothing. The clothing you wear to the hospital will be returned to the person who comes with you.

What to Bring to the Hospital

- **Your surgery binder**
- **A one-day supply of your prescription medications.** This supply is in case your surgery is delayed or rescheduled. Do not take these or any other type of medicine or supplement without first talking to your healthcare provider. If you do not need to take this medicine, we will send it home with a family member.

Medical Marijuana

Do not bring medical marijuana to the hospital. Cleveland Clinic does not allow medical marijuana in any US location. Cleveland Clinic caregivers are not allowed to handle medical marijuana. If you bring medical marijuana with you, Cleveland Clinic police will confiscate and destroy it unless there is a person with you who is registered to legally possess medical marijuana and has their registration card with them.

- **A book, cards or puzzles** to pass time while you wait to go to surgery.
- **Hearing aid**, if needed. We will give your hearing aid to a family member before surgery.
- **Glasses and contact lenses:** Wear glasses, if possible, and bring a case. If you need to wear contact lenses, please bring a case and solution.
- **Dentures:** You will need to remove all nonpermanent dental work before your surgery. Please bring a denture cup with you.
- **Personal items:** We want your hospital stay to be as comfortable as possible. You can pack a bag with your robe, slippers and other items you need during your stay. Please note that closet space is limited. Please leave your bag with a person who comes with you to the hospital. You will not need the bag until you move from the ICU to the step-down unit.

DO NOT Bring

- Jewelry, including watches, wedding rings and body jewelry.
- Large amounts of cash, credit cards or valuables.
- We strongly suggest that you do not bring young children with you. They often are not able to stay comfortable while waiting throughout the day.

Cleveland Clinic is not responsible for any lost or stolen items.



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This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your healthcare provider for advice about a specific medical condition.

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