

The Day of Surgery: the Dos and Don'ts

Eating and Drinking. Refer to pre-operative checklist (page 2).

Smoking. It is strongly encouraged that you stop smoking. This will reduce your risk of respiratory and anesthesia complications after your operation. You may want to speak with your primary care physician about smoking cessation programs. Cleveland Clinic can offer assistance in their Chronic Care Clinics (East Side and West Side) and can be reached at 440.312.7760. These clinics also offer Shared Medical Appointments with other patients who are trying to stop smoking. Additional resources are available at 1.800.Quit Now (1.800.784.8669), your local American Heart Association, 1.800.242.8721; or, the American Cancer Society, 1.800.227.2345.

As a reminder, all Cleveland Clinic locations are smoke-free.

Alcohol. Drinking alcohol can greatly affect the outcome of your surgery (see the next page for more specifics).

Medications. Bring with you a list of all prescribed and over-the-counter medications you take, including dosage and strength. **Do NOT bring your medications to the hospital unless directed by your physician to do so.** Check with your surgeon or anesthesiologist about which medications to take on your day of surgery. If you are advised to take your medication, swallow only the smallest amount of water and inform the anesthesiologist or the nurse on the day of surgery. *Please see the Guide for Herbal Medications & Dietary Supplements on the previous page prior to your surgery for more information.*

Patients with Diabetes. On the morning of surgery do not take your diabetes medication. If you are on insulin, someone will go over those instruction for the morning of surgery. If your arrival time is after 9 am or you are not feeling well, immediately notify the Surgical Center (P20) check-in personnel that you are an insulin dependent diabetic. Also, if you take insulin and need to take a bowel prep the day before surgery, check with your medical doctor about insulin doses. *More details on Diabetes Guidelines is in the Patient Education section.*

Patients with Asthma. You should take your inhaler the morning of surgery and bring it with you to the hospital. If needed, you may use your inhaler as directed by your physician.

Nail polish, nail tips, wraps, gels, etc. All nail polish should be removed before your arrival for surgery. We understand that tips, wraps, gels, etc., are expensive; however, we ask these products be removed from at least one finger on each hand (preferably the index or

middle finger). This will be used to accurately monitor your oxygen level during surgery.

Clothing. You will be most comfortable in loose-fitting, easily folded clothing and low-heeled shoes. For your convenience, a very small locker (size of a breadbox) is available in the Family Lounge. **Your family members are responsible for your belongings when you go to the operating room.** If you are staying overnight, a bathrobe and slippers are suggested. Please leave your suitcase in the car until your room is assigned.

Valuables. Jewelry (including body piercings), money and credit cards should be left at home. If you are going home the same day and would like to use our day of surgery prescription filling service, your family member should have cash or a credit card available for the transaction.

Hearing Aids. Patients who rely on hearing aids should wear them to the hospital on the day of surgery so that you can hear and understand everything we need to communicate with you.

Dentures. You will be asked to remove all non-permanent dental work before your surgery. Please bring a denture cup with you to the surgery center.

Contact lenses. Wear glasses when possible. If contact lenses must be worn, bring your lens case and solution. If glasses are worn, bring a case for them.

Hair. Wear your hair loose, avoiding the use of clips, or pins and bands that bind hair. Do not use hair spray. A head cover will be provided on the way to the operating room to contain hair.

Wigs and hairpieces. Before going to surgery, patients are asked to remove wigs and hairpieces and are given a head cover to wear.

Makeup and perfume. Makeup, perfume and hairspray should not be worn the day of surgery.

Bathing, creams, lotions, deodorants. Please shower or bathe the night before your surgery. Your surgeon may request bathing with a special soap; please follow their instructions. Creams and lotions should not be worn on the day of surgery. A light application of deodorant is permissible.

In Case of Illness. If you develop a cold, persistent cough, sore throat, fever or any other illness within two days of surgery, your surgeon needs to be notified. Call your surgeon's office Monday through Friday, 8 a.m. to 5 p.m. For other times, including the day of surgery, call the operator at 216.444.2200 and ask for your surgeon's resident on call.