

## Check List for Surgery

### Plan ahead:

#### Getting ready for surgery:

- Make sure you can remove all jewellery such as rings, earrings, watches, and body piercings. If you cannot remove jewellery, contact a jeweller or body piercing salon for help. Leave these items at home on the day of surgery.
- Remove artificial nails and nail polish from fingers and toes.
- Take a bath or shower the night before or day of your surgery.
- Do not wear make-up or lipstick the day of surgery.

#### The night before surgery:

- Follow the written instructions you have been given about what you can or cannot eat or drink before surgery. You can brush your teeth.
- You can take medications as advised with a small amount of water.
- Follow any other instructions you have been given.

### If you are going home the same day of your surgery:

- Arrange for a responsible person to drive you home from the hospital.

**Have this person ready to come to the Day Surgery Unit when called around:**

\_\_\_\_\_  a.m.  p.m.

- Follow your doctor's instructions for taking your medications after surgery.
- Follow the discharge instructions that you will be given for your surgery.

#### If you have a general anesthetic:

- You **must** have a responsible person drive you home after a general anesthetic and stay with you for 24 hours after surgery. Do not drive yourself, take the bus, or a taxi.
- Do not drive, operate machinery, drink alcohol, use appliances that could cause injury, make major decisions, or do any activity that could put you at risk for 24 hours after discharge.

**For questions or concerns, call 905-521-6033  
Monday to Friday, 7:00 am to 3:00 pm**

**Turn over →**

## What to bring with you the day of surgery:

### On the day of surgery, before you leave home:

- Bring your Provincial Health Card and all health insurance cards.
- Bring your medications if they have changed since your pre-op visit. Bring other medications on the day of surgery **only** if you were told to at your pre-op visit.
- If you use Bi-Pap or C-Pap at home, pack it and bring it into the Day Surgery Unit.
- Bring any equipment prescribed by your surgeon, such as: special stockings, immobilizers, splints, crutches, back corsets or, abdominal binders.
- Bring the name and phone number of the person who is taking you home.
- Wear loose, comfortable clothes and non-slip shoes.
- Leave money, wallet, purse, cell phones and mobile devices, and items of value at home.

## If you are staying overnight in hospital:

- **The hospital does not supply personal care items.**
  - **You need to bring:**
    - easy care comfortable clothing
    - night gown or pyjamas
    - socks and non-slip shoes or slippers
    - housecoat
    - toothbrush
    - toothpaste
    - soap
    - box of tissue
    - brush or comb
    - hair care products
    - shaving supplies
    - deodorant
  - stand up make-up mirror 15 to 20 cm (6 to 8 inches) in diameter
  - writing board
- } For some patients having head and neck surgery
- If possible, **DO NOT** bring your bag to the Day Surgery Unit. Try to have family or a friend bring your bag to you after you are in your hospital room.

**St. Joseph's Healthcare is not responsible for lost or stolen items**

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