

**Surgery Date:** \_\_\_\_\_

**Surgery Time:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

Charlton Site King St Site Labour/Delivery

## 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. **All rings will be cut off if they are not removed before surgery.**
- Remove artificial nails and nail polish from all of your fingers and toes.
- Take a bath or shower the night before or day of your surgery.
- Do not wear any 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 and stay with you for 24 hours after surgery. **You cannot drive yourself, take a 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 a.m. to 3:00 p.m.**

**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       | • toothbrush    | • brush or comb      |
| • night gown or pyjamas                | • toothpaste    | • hair care products |
| • socks and non-slip shoes or slippers | • soap          | • shaving supplies   |
| • housecoat                            | • box of tissue | • 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 a family member or friend bring your bag to your hospital room when you are there.

## Surgical Safety

When you come to the hospital for your surgery you will often be asked your name and a series of questions. Although we may ask the same questions several times, this is necessary as part of our commitment to patient safety. We will also check your armband often. Our goal is to make sure information is accurately communicated to everyone on the surgical team.

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

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