

## Before Surgery

What can I eat and drink before surgery?

Will someone need to take me home?

Which of my medications should I take?

How long before my operation should I arrive?

Will I be able to take a shower before surgery?

What should I do if I think I am getting a cold?

What clothing should I wear?

What can I eat and drink before surgery?

Most patients should not eat or drink anything after midnight on the day of surgery. In addition, you will receive instructions regarding the use of your regular medication. These medications may be taken with a sip of water, but this should not exceed the amount of water necessary to comfortably swallow the medication.

You can find additional preoperative instructions in the Day of Surgery Checklist and the Preparing for Surgery sections of the Patient Brochure area of this web site. (back to top)

Will someone need to take me home?

Yes, after any type of anesthesia or sedation, you will need to have someone available to take you home. You will not be able to drive, walk, or take public transportation. You need to make arrangements for a responsible adult stay with you during the first 24 hours after surgery.

Occasionally, patients may receive local anesthesia alone, with no sedation. Under these circumstances, it may be possible for you to drive home. Check with your doctor first, or call us at (585) 267-8208 to verify this.

You can find additional preoperative instructions in the Day of Surgery Checklist and the Preparing for Surgery sections of the Patient Brochure area of this web site. (back to top)

Which of my medications should I take?

It is very important that certain medications are taken before surgery, while others should be avoided. You will receive preoperative instructions from the Linden Oaks Surgery Center explaining which medications you should take on the day of your surgery. Please do not stop taking any medications unless told to do so by your doctor or the nurse from the Linden Oaks Surgery Center. If you regularly use inhalers, please bring them with you to the Center.

You can find additional pre-operative instructions in the Day of Surgery Checklist and the Preparing for Surgery sections of the Patient Brochure area of this web site. (back to top)

How long before my operation should I arrive?

You will receive instructions from Linden Oaks Surgery Center the day before surgery regarding your time of surgery and the time you should arrive at the Surgery Center. Usually, you will be asked to come to the Center 60 - 90 minutes before the time of your surgery. Occasionally, if additional lab testing or preparation is needed, you may be asked to come in earlier.

You can find additional preoperative instructions in the Day of Surgery Checklist and the Preparing for Surgery sections of the Patient Brochure area of this web site. ([back to top](#))

Will I be able to take a shower before surgery?

You can take a shower or bath on the morning of surgery. You may also brush your teeth, remembering to avoid swallowing any additional water or mouth wash.

Please do not use any make-up, hair spray, nail polish, or toiletries on the day of surgery.

You can find additional preoperative instructions in the Day of Surgery Checklist and the Preparing for Surgery sections of the Patient Brochure area of this web site. ([back to top](#))

What should I do if I think I am getting a cold?

If you notice any change in your health, including a scratchy throat, cold or fever, please call your physician and the Center at (585) 267-8200 as soon as possible.

You can find additional preoperative instructions in the Day of Surgery Checklist and the Preparing for Surgery sections of the Patient Brochure area of this web site. ([back to top](#))

### What clothing should I wear?

Please wear comfortable, loose-fitting clothes on the day of your surgery. These clothes should be easy to put on. Remember, you may have a bulky dressing after surgery and your clothes should be large enough to allow for this. When you arrive, we'll give you a patient gown to wear during your visit.

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