

The Day Before Surgery

Pre-Operative Phone Call

A nurse will call you between **8 a.m. and 5:30 p.m.** the day before your surgery to confirm your procedure and review your medical history, including dental, allergies, etc. You also will be given directions to the hospital and confirm your arrival time to Ambulatory Surgery.

Also, during this phone call you will be instructed to avoid all food and liquid after midnight the night before surgery. You will be told which medications you should take the morning of surgery with a small sip of water.

DO NOT eat or drink anything (including water) after midnight the night before your surgery.

Write down any questions you may have for your doctor or nurse:

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What to Bring to the Hospital

Things to bring or do:

- Advanced directives
- CPAP machine
- Wear loose-fitting clothing

Things **not** to bring or do:

- Valuables that are not essential during your stay
- Medications from home

Your physician has requested that you wear “street clothes” as soon as possible (following surgery) in order to facilitate rehabilitation. Keep clothes loose fitting, such as:

- Loose shorts/pants with wide leg openings; avoid sweat pants with elastic cuffs
- T-shirt tops
- Loose undergarments (especially for Total Hip patients)
- Proper shoes (see below)
- Short robe or pajamas
- Toiletries

It is important that you bring proper shoes to the hospital. Things to consider when deciding what shoes to bring:

- The foot on your operated leg may be swollen after surgery. Please bring a shoe that accommodates the increased size. The shoe can be a slip-on or tie shoe.
- Choose a shoe with a low (less than 1 inch) heel. Gym shoes or walking shoes are fine.
- If you buy a new pair of shoes, please have a salesperson measure the width and length of each of your feet while you are standing.
- DO NOT bring bedroom slippers.
- DO NOT bring shoes with an open or no heel.

NOTE: You may want to purchase elastic shoe strings (available at most pharmacies). This product will help avoid the need to tie your shoes following surgery.

Write down any questions you may have for your doctor or nurse:
