

~ Ambulatory Care Center ~  
**Same Day Surgery ~ Admit Day of Surgery**  
**Surgery instruction Checklist**

Date and Time Surgery is Scheduled for \_\_\_\_\_

**What to do before Surgery**



- Phone the Ambulatory Care Center- Surgery Department **the day before your scheduled surgery at 732-836-4378 between the hours of 3:00pm and 7:00pm** to confirm your arrival and surgery time.

**NOTE:** if your surgery date is a Monday, please phone us on Friday -OR- if your surgery is the day after a holiday, phone us the day before the holiday



- For your safety, you will not be allowed to drive yourself home following surgery. Please arrange for an adult to drive you home and to stay with you for 24 hours after in case you need help with anything.



- Please notify your surgeon if you become sick before your surgery date, as your surgery may need to be re-scheduled

**What to do the morning of your surgery**



- Do not eat or drink** after midnight the night before your surgery
- Follow the Fasting Facts (when to stop eating or drinking) ~ for taking prescribed medicine on your day of surgery

- If you are a diabetic person who monitors blood sugar levels, please do so on the morning of your surgery

- Unless otherwise instructed by your physician, **please take** blood pressure, cardiac (heart), thyroid, anti-seizure or stomach medications with a small sip of water. **Do not take** diabetic



medications or diuretics (water pills).

- You may shower/bathe, shampoo your hair, use deodorant and brush your teeth on the morning of your surgery
- Do not use make-up, lotion, powder, perfume, tampons, wigs, bobby pins or contact lenses. Do not use any alcohol-based lotions, aftershave, perfume, hair gel, hair spray.



