

Preparing for Surgery at Johnson Memorial Hospital

Pre-Operative Nutrition

- Drink plenty of fluids.
- Refrain from smoking. If needed, ask your doctor for “stop smoking” aids.
- Decrease your alcohol intake.
- Make sure your protein, iron, and calcium intakes are adequate.
- Increase your fiber intake.
- Ask your doctor about any exercise you can do before your surgery.

Other Pre-Surgery Preparation

- Notify your doctor if you come down with a fever, cold or any other illness in the week prior to surgery.
- Adjust any medications as advised by your physician. Leave current medications at home.
- Complete your Pre-Surgery Testing, admission visit forms, and Pre-Admission Testing appointment.
- On the day of your surgery, bring your Advanced Directives and a list of current medications you are taking.
- If you wear a CPAP machine, bring this on the day of your surgery.
- Finish all dental work as far in advance to surgery as possible.
- If necessary, prepare a temporary living space on the first floor of your home.
- Have family or friends available to help you following the first days after discharge.
- Pack the items you will need during your stay. Leave all valuables at home.
- Take a shower the night before your surgery.
- Do not wear any makeup or nail polish on the day of surgery.
- Wear and bring loose fitting clothing, including: loose shorts/pants with wide leg openings (avoid sweat pants with elastic cuffs), t-shirt tops, loose undergarments, short robe or pajamas, proper shoes (no slippers or open-toed or open-heeled shoes).