

## **PREOPERATIVE INSTRUCTIONS FOR ALL PROCEDURES REQUIRING ANESTHESIA**

- Please begin showering once a day for 3 days prior to surgery with CHG (Chlorhexidine Gluconate antiseptic solution). You may purchase brand name Hibiclens or other brands of 2 percent or 4 percent CHG soap at most pharmacies. If you are allergic to CHG or your surgery site is at the chin or above, please substitute regular soap for the CHG. With each shower, wash and rinse your body and hair first using your normal soap and shampoo. Completely rinse your hair and body. Wet your skin in the shower and then turn the water off. Apply a quarter size amount of chlorhexidine solution to a wet washcloth. Gently lather your entire body from the chin down, using more soap if necessary. Avoid getting CHG in your eyes, ears, mouth, nose or vagina. Wash your whole body but pay special attention to your surgical area. Rinse well. Do not rewash with regular soap. After each shower, do not apply lotions, perfumes, hair products or makeup.
- On the day of your surgery, please do not wear moisturizers, lotions, makeup or powder if you are having facial surgery or antiperspirants, body lotion or powder if you are having torso surgery. Shaving increases your risk of infection, so do not shave your body that day. If you have time, repeat the CHG shower the day of surgery as well.
- Do not eat or drink anything after midnight the night before your surgery. When you are asleep if your stomach is not empty, the fluid can enter your lungs and cause a serious pneumonia.
- Wear loose, comfortable clothes and a shirt that opens in the front so it will be easy to get dressed and undressed.
- Please do not wear your contact lenses as your eyes can be scratched by them under anesthesia.
- If you are to wear a post-op garment (bra or girdle), bring it with you the day of your surgery. When in doubt, looser is better because you will be swollen and somewhat uncomfortable post-op. It's a good idea to buy two different sizes.
- Anesthesia and pain meds are very constipating, so be prepared with **colace** and **milk of magnesia** at home.
- If you are having abdominal surgery, you will be a lot more comfortable if your stomach is not very full. Try to drink lots of fluids and not too much food the day before.
- Please be aware that the time of your surgery is **VERY** variable unless you are the first procedure. If you are having surgery at my office, please call to verify the time to report before you come, and make sure we have a phone number to reach you that day should the need arise.

- A responsible adult **must** drive you home. We will ask you for the phone number of your driver.
- Also, a responsible adult should stay with you at least overnight because you will not be able to care for yourself without help.
- Bring your pain pills with you on the day of surgery. Be sure to have all your prescriptions filled and ready for you at home.