

PREPARING FOR YOUR SURGERY

Surgical Date: _____ Surgical Time: _____

GET HEALTHY BEFORE YOUR SURGERY

- Eat healthy: vegetables, fruit, lean protein, iron, calcium.
- Exercise: Strengthen your muscles, get in shape.
- Reduce alcohol: No more than one standard drink per day.
- Quit smoking. Do not smoke for 24 hours before surgery.

Call 811 for information on diet, exercise and quitting smoking.
Speak to your family doctor if you have problems with alcohol use.

PLANNING AHEAD

- Speak to your surgeon or anaesthetic doctor about changes you may need with your medications.
- Stop herbal supplements, vitamins and anti-inflammatory medications 7 days before surgery, unless otherwise instructed.
- Complete blood work, ECG's or x-rays (if needed).
- Attend your pre-admission clinic appointment (if contacted).
- Buy soap or sponges – **4% Chlorhexidine Gluconate** at the drugstore.
- Do not shave the area of your surgery for 7 days before surgery.
- Plan to have someone take you home from the hospital and be there to help you for 24 hours. **If these plans are not made, your surgery may be cancelled.**

TWO DAYS BEFORE SURGERY

- Do first Chlorhexidine skin wash. Wash entire body below the neck with wash.



Better health.
Best in health care.

DAY BEFORE SURGERY

- No solid food after midnight.
- Wash with chlorhexidine soap before bed.
- Drink 800ml (3 glasses) of water or clear juice – apple or white cranberry juice in the evening. If you are diabetic, please have water or a diabetic beverage instead of juice.

DAY OF SURGERY

- Do third Chlorohexidine skin wash.
- You may drink 400ml (1 ½ glasses) of white cranberry or apple juice 4 hours before surgery, unless you have any chronic health problems or have been instructed otherwise. If your surgery is early in the morning, please disregard this.
- Brush teeth, tongue and roof of mouth. Rinse with mouthwash (Scope, Listerine, etc.).
- Do not put any other products onto your skin (lotion, make-up, cologne).
- Remove all jewellery. Leave valuables at home.
- Bring care card and photo ID to hospital.
- Bring medications in original containers.

WHERE TO GO THE DAY OF SURGERY FOR BURNABY HOSPITAL:

- Enter through the East Entrance of the hospital (beside the multi-level parkade).
- Main Admitting is located behind the elevators.
- You will be directed to Surgical Daycare on the 4th floor.

UPON DISCHARGE, DON'T FORGET:

- Prescription and follow up appointment
- Have your support person bring \$1.00 (refundable) to rent a wheelchair in the main entrance to help you to the vehicle.