

RECOMMENDATIONS FOR YOUR **SURGERY DAY**

- Before leaving home, take a shower with antibacterial soap and wash your hair with shampoo.
- Remove jewelry, contact lenses, piercings, dentures, hair accessories, or any other removable objects.
- Remove nail polish on hands and feet completely (even if they're transparent), these should be clean and short.
- Avoid using makeup, colognes, perfumes and body creams on the intervention day.
- Do not suspend medications of: pressure or thyroid control, among others; Unless your doctor tells you to. Take them with sips of water.
- Your last meal should be 8 hours before the appointment for surgery or as recommended by the nurse.
- You must present yourself 2 hours before surgery or as directed by the nurse, with comfortable clothing (easy to put on or take off).
- If you have not delivered the authorizations, verify their validity and present them in the outpatient surgery box upon Admissions.
- Bring all x-rays, resonances, ultrasounds, scans regardless of their validity. As well as blood and urine tests ordered by your doctor.
- If your procedure is a C-section, please bring for yourself: a pack of disposable diapers (adult) and towels maternal. For the baby: 3 complete sets, a blanket, diapering cream, wet cloths and disposable diapers.

PATIENT AND FAMILY EDUCATION PROGRAM

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