

Preparing for my Elective Surgery



We know that having surgery can be a stressful experience, but taking some actions before and after our procedure we can ensure to maximize healing and diminish the risks involved.

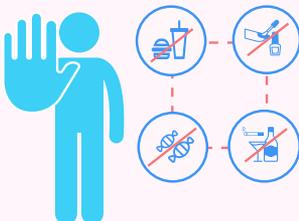
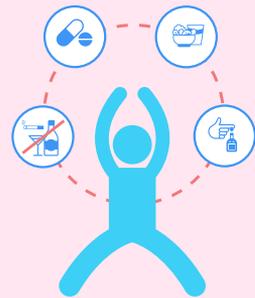
What is an Elective Surgery

An Elective Surgery is a procedure that can be planned and scheduled. Emergency procedures cannot be planned for.

1. Optimizing my Health Before Surgery

Before surgery, there are some actions you can take to prepare your body and boost our healing potential.

- Stop smoking
- Exercise
- Eat a well-balanced diet and drink plenty of water.
- Make every effort to control any chronic illness.
- Medications. Your doctor will inform you which medications you will need to stop.

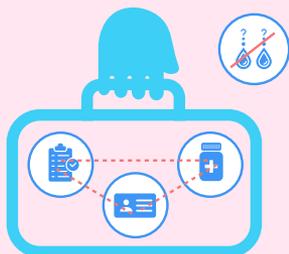


2. The Day Before Surgery

- Do not eat or drink after midnight or 8hrs prior to surgery.
- Refrain from chewing gum, mints.
- No alcohol or tobacco 24hrs prior
- Remove nail polish

3. The Morning of Surgery

- Take a bath or shower
- Don't use spray, lotion or make up
- Wear loose-fitting comfortable clothes



4. What to Bring

- Proper ID
- Tests results
- Insurance card

5. What not to Bring

- Jewelry
- Remove piercings

6. When you Arrive

- Be on time, at least 2 hr prior
- Before surgery, our anesthesia team will visit you to talk to you about the type of anesthesia you will receive.



7. After your Surgery

- After surgery, your surgeon will discuss with you what you need to eat and drink, your activity restrictions and medication instructions
- Do not drive, bring someone to drive you home

At NMP we offer you and your family a comfortable waiting area to use during these times. 2 family members are allowed to stay at a patient's room. They should bring all necessary personal items, including blankets.