

Patient Checklist

✓ **Bring**

- All medications in their original bottles; this includes over-the-counter medications
- Drivers license and insurance card
- Patient forms that your physicians office gave you to fill out (these include patient history and anesthesia questionnaire)
- Any crutches, braces, or other devices needed after surgery
- Documents requiring your doctor's signature

✓ **For overnight stay**

Clothing:

- Nightgown/Pajamas
- Robe
- Comfortable clothing (sweatpants, loose shirts)
- Slippers
- Shoes

Toiletries:

- Toothbrush/Toothpaste
- Razor
- Soap/Shampoo
- Feminine Hygiene Products
- Tissues

Other:

- Book
- Glasses

✓ **Preparation**

- Do not eat or drink anything after midnight, not even water
- Follow your physicians instructions for taking prescriptions, insulin and over the counter medications for the day of surgery
- Follow the “night before surgery” instructions that you will be given at your pre-admission appointment these include
- Do not smoke, chew gum, or use mints after midnight
- Remove colored nail polish on fingers and toes
- Please leave all valuable at home or give to someone to hold (jewelry, phones, electronic devices, wallets, purses)

✓ **After surgery**

- Plan ahead to have a responsible adult drive you home once you are discharged
- Ask any questions you have to the Baylor Medical Center at Trophy Club team
- Get your medications filled right away
- Make your follow-up care appointment with your physician