

Pre-Operative Checklist

Please be aware of the following;

- ✂ Insurance information and I.D. (ex; drivers license, military ID, etc.) must be available at the time of registration.
- ✂ Consume no solid food, milk, or orange juice after midnight before surgery.
- ✂ Do not smoke, chew gum, or suck on hard candy after midnight before surgery.
- ✂ Stay away from products containing aspirin for a few days before surgery. Don't take Advil or anti-inflammatory drugs for at least 7-10 days prior to surgery.

On the day of surgery, please:

- ✂ Do not wear any make-up, nail polish, or skin creams.
- ✂ Do not wear any jewelry.
- ✂ Leave any personal valuables at home. TLC is not responsible for the loss of personal items, money, credit cards, wallets, jewelry, etc.
- ✂ Bring a case for any contact lenses and/or glasses.
- ✂ Feel free to wear your dentures to the operating room.
- ✂ Wear no metal hair accessories.
- ✂ Wear loose fitting clothing appropriate for the type of surgery being performed.

For 24 hours after surgery, it is highly suggested that you:

- ✂ Do not make any critical decisions
- ✂ Do not drink alcoholic beverages.
- ✂ Do not drive a motor vehicle.
- ✂ Do not operate machinery or potentially dangerous machinery.
- ✂ Have an adult stay with you. This is strongly advised.

Pre-Surgical Checklist

Prior to your procedure date:

- ✂ Please verify with your doctor which medications you should or should not take the morning of surgery.
- ✂ If you are on blood-thinning medication, ask your surgeon when they should be stopped prior to surgery.
- ✂ Herbal medication and weight-loss medications should be stopped 14 days before surgery.
- ✂ Call your insurance provider as soon as your procedure is scheduled. Complete all necessary insurance preauthorization.
- ✂ Plan for someone to drive you to and from and to stay with you while at the hospital. For your safety, you WILL NOT be able to drive yourself home, or take a cab or bus.
- ✂ Plan for someone to stay with you at home for at least 24 hours after your procedure.
- ✂ Please make all arrangements for children to stay at home while you are at the hospital.
- ✂ DO NOT eat or drink anything after midnight before your surgery, this includes water, chewing gum, and mints. It is important to keep your stomach completely empty until after surgery.
- ✂ If you become ill (cold, flu, fever, diarrhea) or have a problem prior to your procedure, do not hesitate to call TLC at 713.493.7700 and talk to a physician or nurse as soon as possible.
- ✂ If you have any further questions regarding your surgery or pre-surgical requirements, please call TLC at 713.493.7700