

### **PREPARING FOR SURGERY**

**A few simple steps will help make your surgery a more pleasant experience:**

**Don't eat or drink anything after midnight the night before surgery**

**Wear a loose-fitting button-up shirt**

**Do not take any aspirin, aspirin products, Vitamin E or ibuprofen type drugs two weeks before surgery**

**Someone must drive you to and from surgery**

**Bring sunglasses with you**

**Make up cold packs in advance**

**Clear your social obligations and exercise schedule for a week or two.**