

Surgery Day Checklist

Getting ready for your plastic surgery procedure can feel overwhelming, but being prepared can help ease your nerves and ensure a smooth experience. Use this checklist to make sure you have everything you need and are ready for your surgery day.

- Follow Preop Instructions:** No eating or drinking before surgery, as directed by your surgical team.
- Medication:** Take any prescribed pre-surgery medications or avoid medications as advised.
- Dress Comfortably:** Wear loose, easy-to-remove clothing, such as a button-down shirt and pants with an elastic waistband. Slip-on shoes are a must!
- No Jewelry or Makeup:** Remove all jewelry, nail polish, makeup and skincare products, or avoid putting any on the day of your procedure.

Pack Essentials:

- Identification and insurance card
 - Copies of medical paperwork or pre-filled forms
 - A list of your medications
 - Contact information for your caretaker
 - Phone charger
 - Change of clothes for postop
 - Light snack or drink (if permitted)
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- Caregiver Arrangements:** Ensure someone is available to drive you home and assist afterward.

