

Preparing for Your Hospital Stay



If you live alone, or your caregiver is frail or elderly, you may need to go to a skilled nursing or rehabilitation facility for a short time when you leave the hospital. Check with your insurance company to see if it has preferred providers. Visit the facilities close to your home or family and make arrangements for your stay.

Weeks Before

- > Make arrangements to have help. Ideally, someone should stay with you nearly full-time for the first 7-10 days.
- > Because you won't be driving until your doctor gives you the "okay," find someone who will be able to drive you to your follow-up appointments and help with errands.
- > You will be allowed to climb stairs. Plan your daily activities to limit your trips up and down.
- > Place a phone within easy reach.
- > Make sure that you have good lighting and that the light switch is within easy reach.

Night Before

Do not eat or drink anything after midnight, including chewing gum, candy, and water. You may brush your teeth or rinse your mouth as often as you wish, but do not swallow.

Follow your doctor's orders about your medication. Your doctor may have you take certain medications with a sip of water the morning of your surgery, but always check first.

Try to get a good night's sleep. Being well-rested before surgery is helpful.

Call your doctor right away if you get a cold or infection before your surgery.



What to Bring

- ☒ Glasses/contact lenses with case
- ☒ Loose fitting shorts and T-shirts
- ☒ Dentures
- ☒ Hearing aids and prostheses
- ☒ Identification and insurance cards
- ☒ A back brace, if ordered by doctor



What to Leave at Home

- ☒ Jewelry
- ☒ Keys
- ☒ Unnecessary Valuables

Day of Surgery

A bath or shower must be taken the morning of your surgery, before you arrive at the hospital. This aids in preventing infections. Follow any special instructions given by your doctor. Do not apply makeup. Do not wear contact lenses. Remove your jewelry and leave it at home.