

IF YOU HAVE QUESTIONS OR CONCERNS, CALL (855) 863-9595 TO SPEAK WITH OUR ON-CALL CLINICIAN.

## BEFORE SURGERY

### DO

- + Wear comfortable, loose clothing and low-heeled shoes.
- + Make sure there is room for your clothes to cover bulky dressings.
- + Notify your surgeon if you develop a cold, flu, fever, rash, nausea or vomiting, because these may require your surgery to be postponed.

### DON'T

- + Don't eat or drink anything (including candy, mints, ice chips, chewing gum or tobacco) after midnight the night before surgery.
- + Don't wear make-up, nail polish, jewelry or piercings. Bring a case for contact lenses or glasses, and a container for dentures or partials.
- + Don't smoke 12 hours before surgery.



## AFTER SURGERY

### DO

- + Have a responsible adult, who can drive, accompany you to the hospital. If you use transportation services, you still need to be accompanied by a responsible adult.

### DON'T

- + Don't drive or be left alone for 24 hours.



## MEDICATION

- + If you take a beta-blocker, take this medication as prescribed.
- + On the morning of surgery, use inhalers as ordered.
- + You may take pain and blood pressure medications with a sip of water.
- + If you take insulin, oral diabetic medications, or blood thinners, please discuss with your physician prior to surgery.

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