

Important Things to Remember

Preparing for your procedure at TOSC

The following is general guidance to help you prepare for your procedure and recover comfortably. Please always follow the specific instructions given by your surgeon and anaesthetic team, as they may differ based on your procedure and health.

Before Your Procedure

- Arrange for a responsible adult to drive you home and stay with you afterward
- Follow the fasting instructions from your team. Unless told otherwise, do not eat or drink after midnight the night before
- Take only the medications your team has approved, with a small sip of water
- Do not stop, start or adjust any medication unless directed to
- Arrange any time off work or help at home you may need

What to Bring

- Government-issued photo ID and your health card
- A current list of your medications and any allergies
- Loose, comfortable clothing and flat shoes
- Your CPAP machine, if you use one
- Any paperwork your surgeon's office asked you to bring

Please Leave at Home

- Jewellery and valuables
- Makeup, nail polish and contact lenses
- Large amounts of cash

After Your Procedure

- Do not drive, operate machinery or make important decisions for 24 hours
- Have a responsible adult stay with you overnight
- Rest, and follow your discharge and medication instructions closely
- Keep your follow-up appointments

When to seek help. Contact your surgeon's office if you experience heavy bleeding, a fever, or pain that is not controlled by your medication. In an emergency, such as difficulty breathing or chest pain, call 911 or go to your nearest emergency department.

This handout is general information only and does not replace the instructions given by your surgeon and care team.