
7 days before surgery _____

- Stop** any ibuprofen (Motrin[®], Advil[®]), naproxen (Aleve[®]), or anti-inflammatory medications you are taking. It is okay to take acetaminophen (Tylenol[®]).
- Stop any herbal, vitamin, or supplement products you are taking.
- If you are taking a blood thinner or aspirin contact the Surgery Prepare Team at (920) 433-7984.
- Arrange for someone to drive you home. If you go home the day of surgery, you must have someone remain with you for 24 hours. It is important that your ride is a family member or friend. We are not able to discharge you with public transportation, unless it is approved medical transport.**
- Pick up your special cleansing soap Chlorhexidine Gluconate (Hibiclens[®]) from your surgeon's office, the Surgery Prepare Team, or a local pharmacy.
- You will not be able to wear any jewelry (including wedding rings) the day of your surgery. Rings will be cut off if unable to be removed. You may need to visit a jeweler prior to surgery.

2 days before surgery

- Stop shaving around the surgical area. Facial shaving is allowed unless you are having head or neck surgery.
- Contact your surgeon's office if you become ill with an infection, fever, chest congestion, or have a cut, scratch, scab, or bug bite near your surgical area.
- Wash a set of sheets and pajamas to use the evening before surgery.

Evening before surgery

- Cleanse with Chlorhexidine Gluconate (Hibiclens[®]) following the instructions on the "Preparing Your Skin Before Surgery" sheet.
 - Chlorhexidine Gluconate (Hibiclens[®]) soap given to patient.
 - Chlorhexidine Gluconate wipes given to patient.
 - Patient to pick up or purchase Chlorhexidine Gluconate (Hibiclens[®]) soap.
- Wear clean pajamas and sleep in clean sheets after your shower.

FASTING INSTRUCTIONS

- **You may have solid foods until 8 hours before surgery.**
- **You may have clear liquids until 3 hours before surgery.**
Clear liquids include water, Jell-O, popsicles, broth, black coffee, or tea.
(NO cream or milk), clear sodas or sports drinks and juices without pulp (apple, cranberry, or grape OK).

Morning of surgery

- Cleanse again with Chlorhexidine Gluconate (Hibiclens[®]) following the instructions on the "Preparing Your Skin Before Surgery" sheet.
- Medications: Take as directed by the Surgery Prepare Team.
- Things to bring to the hospital:
 - Insurance cards (health and prescription) and a photo ID or driver's license.
 - Your Advanced directive or Living Will if you have available and not already on file at the hospital.
 - Anyone picking up prescription, pain medication is required to show a picture ID at the pharmacy.
 - Overnight items (examples: toiletries, slippers, robe).
 - If you have an implantable device, please bring any remotes, or equipment to adjust your device.
 - Crutches, cane, or walker.
 - CPAP machine with clean mask and tubing (do not bring water and empty machine of water for transport).
 - Your inhalers.
 - Ostomy supplies.
- Please do not bring jewelry, cash, or other valuables with you, they will be given to your caregiver to take home or locked in the Bellin safe. (Bellin is not responsible for lost or missing items.)

Bellin Health Surgery Prepare Team ♦ (920) 433-7984 or (866) 746-7984
Monday-Friday, 8:30 a.m.-5 p.m.

- Arrival Date: _____ in the AM PM time frame or Time as specified by surgeon
- Bellin Hospital, **744 S. Webster Avenue, Green Bay, Main Entrance**. Use our complimentary valet service, and check in at our **Lobby Front Desk**.
 - Bellin Hospital, **744 S. Webster Avenue, Green Bay**. Please arrive at the Emergency Department entrance on Van Buren Street (west side of hospital building) with complimentary valet service. Please check in at the **Lobby Front Desk**. (Weekend surgeries only.)
 - Bellin Health Oconto Hospital, **820 Arbutus Avenue, Oconto**.
 - Bellin Health Marinette Ambulatory Surgery Center, **2820 Roosevelt Road, Marinette**.

Thank you for choosing Bellin Health.