



## **General Pre-Surgical Instructions**

Have a healthy, light meal at your usual time before the surgery.

Take all regular medications as usual unless otherwise instructed.

Wear comfortable loose clothing; bring a portable music player with headphones for your own entertainment and comfort.

Take the remainder of the day off work. Please go home and relax after your appointment.

Have available at home:

- ice or cold cloths

- regular strength pain medication

- soft foods (e.g. eggs, pasta, bananas, yogurt)

As a substantial amount of time has been reserved for you, we request 48 hours notice to change your appointment time. A short notice cancellation or no show will incur a \$50 fee.