

Pre Surgery List

About the Procedure

- What type of bypass surgery am I having?
- What are the expected benefits and risks specific to my case? How long will the surgery take?
- What type of anesthesia will be used? What tests do I need before surgery? (ECG, chest X-ray, blood work, etc.)
- Are there any medications I should stop or continue taking?
- How should I manage my diabetes/blood pressure medications if applicable?
- When should I stop eating and drinking before surgery?

Recovery Expectations

- How long will I be in the hospital?
- What should I expect immediately after surgery?
- What are signs of complications I should watch for?

When can I return to normal activities? What follow-up appointments will I need?

Lifestyle Modifications

- Stop smoking immediately - at least 2 weeks before surgery (ideally longer)
- Limit alcohol consumption or stop completely as advised
- Optimize diabetes control if diabetic
- Maintain stable weight as recommended
- Get adequate sleep and manage stress

Physical Preparations

- Shower with antibacterial soap the night before and morning of surgery
- Wash hair thoroughly
- Trim and clean fingernails and toenails
- Remove all nail polish and artificial nails
- Remove all makeup

Home and Practical Preparations Support System

- Arrange for someone to drive you to/from hospital
- Organize help at home for 1-2 weeks after surgery
- Notify employer about time off needed
- Arrange childcare or pet care if needed
- Prepare a comfortable recovery area with easy access to bathroom
- Place frequently needed items within reach (phone, remote, medications)
- Stock up on easy-to-prepare foods
- Ensure pathways are clear to prevent falls
- Install safety equipment if needed (shower chair, raised toilet seat)

Final 24-48 Hours Before Surgery

- Follow specific instructions about which medications to take/skip
- Take prescribed preoperative medications as directed
- Apply prescribed antiseptic wash if ordered
- Follow NPO (nothing by mouth) guidelines exactly as instructed
- Typically no food after midnight before surgery
- Clear liquid restrictions usually 2-4 hours before surgery
- No gum, candy, or mints
- Have emergency contact numbers readily available

