

Night Before Surgery

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► Pre-surgery shower

- Take a normal shower.
- Then wet a clean washcloth and turn off the shower or stand in the tub.
- Put CHG solution on washcloth (Caution: CHG may discolor washcloth).
- Apply CHG solution to your body from the neck down only. Don't wash your face or private areas, as the solution contains alcohol in it. CHG does not lather.
- Wash your body gently for 5 minutes, do NOT scrub, paying special attention to the surgical site, under arms and from your belly button to your feet. Do NOT wash with regular soap after using CHG solution.
- Turn the shower back on and rinse well to remove CHG solution from your body.
- Pat yourself dry, with a clean, dry towel.
- Do NOT apply any lotions, moisturizers, hairspray or makeup after prepping.
- Put on clean clothes and apply clean sheets to the bed.
- **DO NOT USE INTERNALLY.
- It is normal for your skin to feel “tacky” after application.



Night Before Surgery

- ▶ Pack your clothes and belongings for your surgery
- ▶ Special Instructions
 - You must call the OR Department at 315-824-6170 the business day before your surgery between 2:00 and 3:00 PM to find out your **arrival time**.
 - ***If surgery is Tuesday-Friday, you will call the day before surgery. If surgery is on Monday, you will call the Friday before.*

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► Special Instructions

- Your arrival time, is the time that you arrive to the hospital, which is 2–3 hours before the scheduled surgery to give the nursing staff sufficient time to start IVs, prepare you for surgery and answer questions.
- It is important that you arrive on time because sometimes the surgical time is moved up at the last minute and your surgery could start earlier.
- If you are late, it may create a significant problem with starting your surgery on time. In some cases, late arrival could result in moving your surgery to a much later time or cancellation of your surgery.
- Do not eat or drink anything after midnight, including water, chewing gum or mints/candy. You may brush your teeth or rinse your mouth as frequently as you wish. Do not swallow the water.
- If are instructed to take any medications, do so with a sip of water.
- NO alcoholic beverages after 6PM the night before surgery
- Please refrain from smoking, vaping and using smokeless tobacco for 24 hours prior to surgery.