



**6133 POPLAR PIKE
MEMPHIS, TN 38119
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The Day Before Surgery

(Important things to do and not to do the day before your surgery)

1. If there is any change in your physical condition – such as a cold or fever – be sure to notify your surgeon.
2. Expect a call from us! Someone from Shea Ear Clinic's Surgery Center will check in to make sure you're ready for your procedure, that all your questions are answered, and to confirm your arrival time. Please expect a call sometime after 3:00 pm on the business day prior to your surgery.
3. If you wear glasses or contact lenses, please bring your case for their safekeeping. We will provide containers for any removable dentures or bridgework.

4. Important information on eating and drinking.

For Adults – The night before surgery, **DO NOT** eat or drink anything after midnight – not even coffee or water. You may brush your teeth, but be careful not to swallow any liquid.

For Infants – Clear liquids up to two (2) hours prior to surgery; Breast milk up to four (4) hours before surgery; Formula up to six (6) hours prior to surgery.

5. Important information on medications.

If you are on any medications for your heart, blood pressure or seizure disorder, please ask your physician if you should take these medications on the day of surgery. (We recommend that **YOU DO** take these medicines.) We recommend that you **NOT** take aspirin or blood thinners (such as heparin or coumadin); however, please consult with your physician. If you are diabetic, consult your physician.

If you are taking any herbal products, pills, tea, etc., please notify your physician or his nurse two weeks prior to surgery. Some herbal products may increase the chance of bleeding and/or interact with anesthesia medications.

We advise you to ask your physician about these recommendations.

6. Important information on smoking

You should refrain from smoking on the morning before your surgery.

7. Relax and try to get a good night's rest.