

# Your surgery preparation

Reduce the risk of infection and speed recovery from your surgery

## What to eat and drink:

- You may eat **food** up until **8 hours** before your scheduled arrival time, unless directed otherwise by your surgeon.
- Start drinking the **carbohydrate drink** recommended by your surgeon **2 hours** before your scheduled arrival time, and finish it within **15 minutes**.
- You may drink **other clear liquids** up until **2 hours** before your scheduled arrival time. Examples include water, clear apple juice, and tea or coffee without milk or milk substitutes. Do not drink orange juice.

**Brush and floss your teeth** 2 to 3 times each day.

**Quit tobacco.** It's the most important thing you can do now for a healthy recovery. We can help you quit. If you smoke, your surgery may be postponed.

**Relax. Listen to an online tool:**  
[kp.org/surgerypodcast](http://kp.org/surgerypodcast)

**Follow skin cleaning directions** on the back of this page.

**Use the incentive spirometer** to exercise your lungs and prevent pneumonia. Practice before, and continue to use after surgery, until you are up and moving for most of the day.

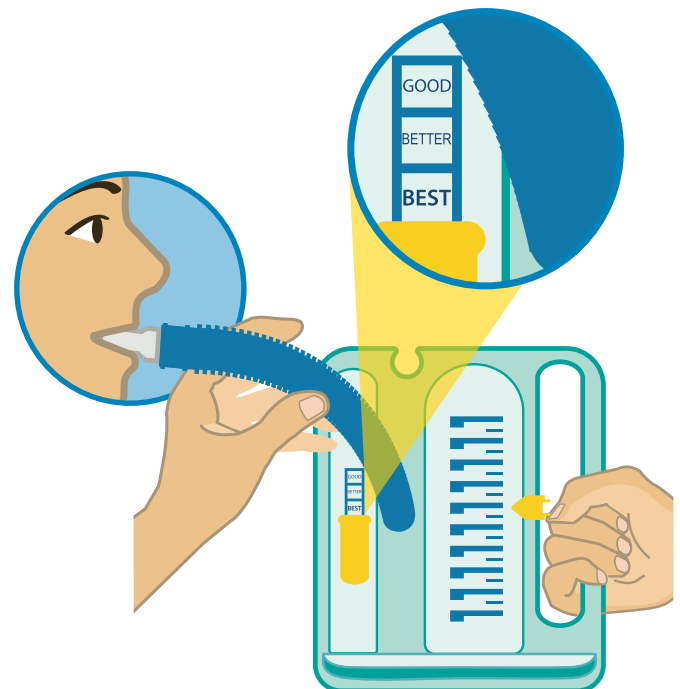


**Always follow any special instructions from your surgeon in place of what is listed here.**

## How to use your incentive spirometer

1. Sit up tall in chair or on edge of bed. Hold the spirometer upright with the "good, better, best" label facing you.
2. Exhale fully. Place the mouthpiece in your mouth. Make a tight seal with your lips.
3. Breathe in slowly and deeply to raise the piston to the level prescribed. Try to keep the yellow flow cup in the "best to better" flow range.
4. Hold your breath for as long as you can, at least 5 seconds, and then exhale normally. Let the piston return to the bottom of spirometer.
5. Rest and repeat 10 times every hour while you're awake.

**You can also watch an online video:**  
[kpdoc.org/incentivespirometervideo](http://kpdoc.org/incentivespirometervideo)



# How to prepare your skin to prevent infections

## Before surgery

**Beginning 1 week before**, do NOT shave or wax your legs, underarms, or the area of your body where we will operate.

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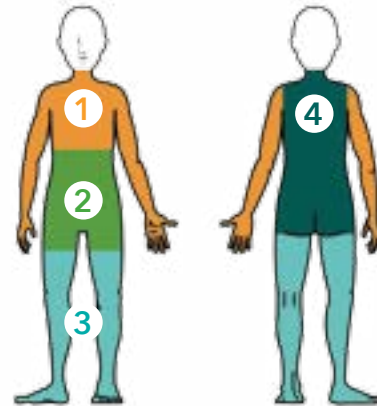
## Night before

**Shower or bathe** and shampoo your hair.

**Wait 1 hour**, then use the 4 antiseptic wipes provided:

- Gently and thoroughly wipe (don't scrub) your body in the numbered order on the diagram to the right. Then, let your skin air-dry.
- Do not wash off the antiseptic or use lotions, moisturizers, or cosmetics.
- Your skin may feel sticky, slightly itchy, or have some redness after applying. If symptoms continue, stop using the wipes and rinse your skin.

**Dress in clean nightwear.**



**Use one wipe for each body area:**

- 1 Wipe neck, chest, arms, and arm pits.
- 2 Wipe abdomen (including folds), both hips, and groin. Avoid genitals and anus.
- 3 Wipe both legs front and back, and behind the knees.
- 4 Wipe back, then wipe outer buttocks.

## Day of surgery

**Do not shave or wax** your legs, underarms, or the area of your body where we will operate.

**Do not use** lotions, moisturizers, or cosmetics.

**Wear clean underwear and clothing.**

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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