**Hernia Repair Preoperative Instructions**

These instructions will help you prepare for your surgical procedure. Please follow them to ensure the best outcome for your procedure. These are generic instructions; you may have been given additional more specific instructions at your pre surgery appointment. If you have any questions, please call the office at (479) 705-2310.

**Stop smoking**

Tobacco use increases the risk of respiratory, cardiac and wound related complications that can occur during or after surgery. It is tough to quit but having surgery is a great time to try to quit. Stop smoking at least 12 hours before surgery (but longer is better) and stay smoke free for at least 1 week after surgery. You may visit [www.smokefree.gov](http://www.smokefree.gov) for help in smoking cessation.

**The Night Before Surgery**
Prepping skin before surgery can reduce risk of infection. You will be provided disposable cloths that contain2% Chlorhexidine Gluconate antiseptic solution.

Shower or bath as regular. Dry off and wait at least one hour then use one prep cloth to gently wipe the area of planned surgery and any surrounding areas (externally only). Repeat with a second cloth. AVOID touching the cloths or solution to the eyes, ears or mouth.

After prepping is completed, allow the area to dry for one minute. Do not rinse the cleansing antiseptic solution off, it is normal to feel sticky for several minutes.

Do not take a shower or bath in the morning. Do not trim or shave hair in the area of your surgery.  Your skin will be appropriately prepped after you receive anesthesia for surgery.

**Nothing to eat, drink, smoke or chew after midnight**. Wake up with an empty stomach.  Take only the medications you were instructed to take with a small sip of water.  This is to ensure your stomach is empty to reduce aspiration risk associated with anesthesia.

**The Day of Surgery**
Wear comfortable clothing that is easy to put on.  You will be sleepy and sore after your surgery.
Take only the medications for blood pressure, hypothyroidism and seizure with a small sip of water. Take any additional medications you were instructed to take at your pre surgery appointment.

You will need a driver if you are receiving anesthesia for your surgery.