

Overnight Stay Recommendations

Items to Bring

- Toiletries, such as toothbrush, toothpaste, deodorant, comb/brush
- Paperwork: picture ID, insurance card, proof of legal guardianship/power of attorney if applicable
- Electric shaver (instead of razor with razor blade) if planning to shave
- Loose fitting comfortable clothes such as shorts, T-shirt, flat rubber-soled shoes, not slippers.
- Walker or crutches that you already have and plan to use. (Please label with your name and bring in with you when you arrive for surgery.)
- Orthotics or braces you normally wear when walking
- Containers for items such as glasses, contacts, dentures, hearing aids
- CPAP machine if you use one while sleeping at night
- Check with your surgeon about any braces, splints or cold-water cooling devices you have used before that might be used again
- Medications in the original container except pain pills. Remember inhalers and eye drops
- Pacemaker or defibrillator information

Optional

- Reading materials
- CD player with headphones and your favorite music (relaxing music helps with pain control)
- Advance directives

If you have been provided a pre-operative educational binder, please bring the binder, your insurance card and insurance information to any pre-surgery visits.

