DAY OF SURGERY PLANNER

NEWTON-WELLESLEY HOSPITAL

TO DO

- ❏ Fill any prescription medications in advance

- ❏ Stock up on food for the days after surgery

- ❏ Set up a comfortable recovery environment at home

- ❏ Don't eat any solid food after midnight before your surgery including gum, candy or mints.

- ❏ You may be able to have specific clear liquids up to 2 hrs before surgery time (no oj, milk, soda, etc)

- ❏ Confirm your ride home from the hospital—you'll need someone to accompany you.

- ❏ Dress for recovery / wear what will feel most comfortable for your trip home.

- ❏ Remember not to wear anything scented including lotion.

TO BRING / NOT TO BRING

- ❏ If you wear contacts, you'll also need your glasses. Don't forget to bring cases for both!

- ❏ Leave jewelry or valuables at home. (seriously!)

- ❏ If you wear dentures, don't forget your denture case!

- ❏ Book or magazine

- ❏ Something that makes you feel relaxed (like a family photo)

- ❏ Headphones and a playlist

QUICK REMINDERS FOR FAMILY/CARETAKERS ON DAY OF SURGERY

WHERE DO I PARK?

- Address for GPS: *2000 Washington Street, Newton, MA 02462*

- Enter the hospital campus toward the East Entrance, at the traffic signal. Follow signs up the hill towards the Surgical Center.

- Valet parking is $9/day.

ROLE OF FAMILY / CARETAKERS AND HOW LONG CAN THEY STAY WITH ME?

- Family / caretakers are encouraged to ask questions. They are a vital part of the patient journey. Their active listening and emotional support are key for peace of mind and a positive experience.

- They are welcome to stay with you until you are taken into the OR. A nurse or surgical liaison will reach out when it's time to welcome you back.

WHERE CAN MY FAMILY / CARETAKERS GET INFORMATION DURING SURGERY?

- The surgical liaison is your main point of contact and is in touch with the OR to provide updates throughout the process. They may be reached at 617-243-5274.

WHERE SHOULD MY FAMILY / CARETAKERS WAIT?

- Guests are welcome to wait in the Surgical Center lobby, Charlie's Coffee Shop, or even the cafeteria.

HOW DO I ACCESS THE WIFI?

- Free wifi - use the network "phspiaguest"