

What to bring to the Hospital

- Driver's License or State issues picture ID**
- Health insurance card and your insurance co-pay (if applicable)
- Advanced directive, living will or durable power of attorney
- Current medication list**
- Current allergy list**
- CPAP (Continuous Positive Airway Pressure) machine (if you typically use one)
- DVD of x-rays or MRI**
- Pre-fitted braces for your neck or back (if applicable)
- Containers for eyeglasses, contact lenses, dentures, hearing aids
- Clothing: Pants – loose waist or elastic waist; Shirt – large with a wide collar; Shoes – well-fitting with rubber soles (slip on are acceptable)

What not to bring to the Hospital

- Jewelry, money (unless you have a co-payment) or any other valuables**
- Remove all nail polish, jewelry, make-up and body piercings
- Actual medications from home (unless instructed by your physician)

Preparing your Home for After Surgery

- Place all daily bathroom and kitchen items at waist level and within easy access
- Remove all throw rugs, electrical cords or wires that may cause you to trip or fall
- Rearrange furniture to create more open, wider walking pathways in hallways and rooms
- Place non-slip mat in the bottom of the shower/tub. Also purchase a shower caddy to place soap, shampoo and conditioner at a convenient height and reach
- Check your stair rails to ensure they are secured and safe for use
- Consider adding grab bars in your shower for safety