

Day of Surgery Planner



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 two hours before surgery time (no orange juice, milk, soda, etc.).
- Confirm your ride home from the hospital—you'll need someone to accompany you.
- Dress for recovery and wear what will feel most comfortable for your trip home.
- Remember not to wear anything scented including lotion.



To Bring or Not To Bring

- If you wear contacts, you'll also need your glasses. Don't forget to bring cases for both!
- Please be sure to leave jewelry or valuables at home.
- If you wear dentures, please remember your denture case!
- Feel free to bring a book or magazine.
- Remember to bring something that makes you feel relaxed (like a family photo).
- Feel free to bring headphones and a playlist.

Quick Reminders for Family/ Caretakers on Day of Surgery



Where Do I Park?

Newton-Wellesley Hospital Main Campus
2014 Washington Street, Newton, MA 02462

Address for GPS: 2000 Washington St., Newton, MA:

- Enter the hospital's East Entrance, at the traffic signal. Follow signs up the hill toward the Surgical Center.
- Valet parking is \$9/day.

Newton-Wellesley Outpatient Surgery Center
25 Washington St., Wellesley, MA 02481

From North or South Route 128 (I-95):

- Take Exit 21B to Route 16 West.
- Proceed for a half mile on Route 16 West to the Outpatient Surgery Center.
- Free parking and patient drop-off is located at the rear of the building.



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.
- Family and caretakers 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 on the Way, or even the cafeteria.



How Do I Access The WIFI?

- Free wifi is available – please use the network "phspiaguest"



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AND MASSACHUSETTS GENERAL HOSPITAL