

Day before your child's surgery

There are certain things that you will need to do to prepare to come to the hospital on the day of your child's surgery. Review the checklists in this article to help you and your child get ready for surgery.

Your child:

Will need to have a bath or shower two times before surgery; one bath/shower 48 hours (two days) before surgery and a second bath/shower 24 hours (one day) before surgery. Follow the additional bathing [recommendations before surgery](#)

Remove all make up and nail polish.

Remove all jewelry (including plastic jewelry) and piercings (from nose, tongue, belly button, eyebrows, ears, etc.).

If menstruating on the day of surgery, they should use a pad instead of a tampon.

If they wear contact lenses, they should wear glasses on the day of surgery.

Bring the case for the glasses to the hospital.

Pack a hospital bag with comfortable clothes, slippers, music, books and a special comfort toy. See our recommended packing list [here](#).

Make sure to bring anything that is part of your child's coping plan (e.g., distraction games, devices, headphones, chargers, etc.).

If your child is feeling nervous for surgery, [here are some tips](#) to help them feel more relaxed.

Parents/caregivers:

Arrange childcare for your other children as there are typically no daycare services at the hospital.

Confirm the time you should arrive for the surgery.

Arrange for safe transportation to and from the hospital.

Have [acetaminophen](#) and dimenhydrinate at home for post-surgery recovery, if recommended by the health-care team.

Follow the guidelines at the hospital for what to do if your child is sick. The surgery may not be cancelled if your child is sick, but it is important for the health-care team to be aware. Additional information for what to do if your child is sick before surgery can be found [here](#).