

Staying Healthy for a Surgery or Procedure

It is very important to stay as healthy as possible before a surgery or procedure. This document will tell you a few things you can do to stay healthy.

Stay home

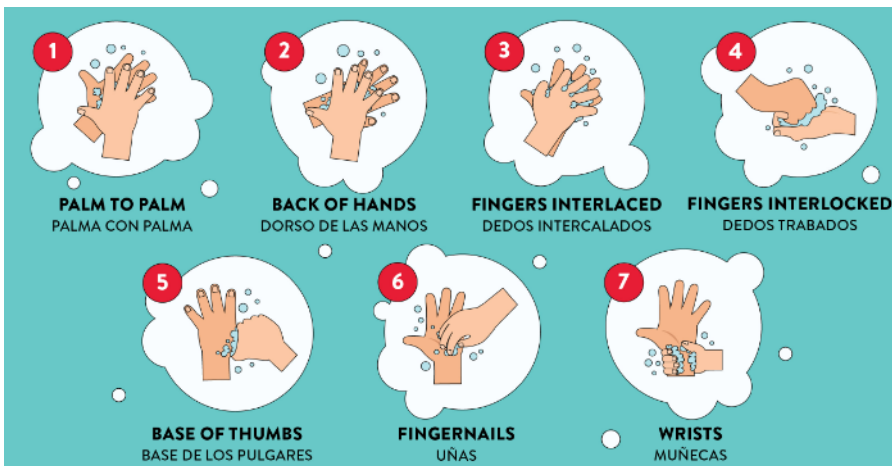
It may be helpful to stay at home for **1 to 2 days** before surgery. This can lower the chances of getting sick.

Keeping space between you and others outside of your household

Social distancing is when you put physical space between yourself and other people. Keeping **6 feet or 2 meters** of space between you and anyone outside your household is the best way to prevent the spread of infection.

Wash your hands

Wash your hands for at least 15 seconds. Use soap and water or alcohol-based hand sanitizer. Clean the seven parts of your hands:



Wear a mask

Wearing a mask helps stop you from spreading virus droplets to others. If everyone wears a mask, fewer people will get sick.

See your doctor

If anyone that has been with your child feels sick, has a fever, has a cold, has a cough, is vomiting, has diarrhea, or has recently been exposed to chickenpox, tell them to see their primary care doctor.

Call us

For your child's safety, their surgery or procedure may need to be rescheduled if they are sick. Please call our office at **(650) 736-7359** and let us know if they are sick or have been treated for any new illness within **2 weeks** of the scheduled surgery or procedure date.