

Early recovery after Surgery Eating and Drinking Instructions before major procedures

1. **NO SOLIDS** AFTER MIDNITE ON THE DAY OF SURGERY
2. The evening before surgery drink 2 cups (16 ounces) of apple or cranberry juice at about 10 o'clock. This will help your nutritional status for recovery.
If your surgery is not at 7:30am, you can repeat drinking 2 cups of apple or cranberry juice as long as you FINISH THREE HOURS BEFORE SURGERY START TIME