

Pre Op Instructions

During your pre-operative visit, all the necessary information will be given to the patient regarding the surgical procedure, risks & complications of the surgery, and what to expect after surgery.

The general pre-operative instructions are as follows:

- ❖ You must get all required lab work prior to surgery day
- ❖ Please let us know if you have a cardiac pacemaker, defibrillator, prosthetic valve or have had heart surgery.
- ❖ Please inform your doctor if you have hypertension, diabetes, or heart disease so that special instructions will be given.
- ❖ Please inform your doctor if you are on any blood thinner medication, such as Coumadin, Plavix, Xarelto or any other.
- ❖ You should discontinue aspirin containing medications 7 days prior to your surgery.
- ❖ Please stop taking anti-inflammatory medicines such as Ibuprofen, Advil, Aleve and Motrin at least seven days prior to the surgery.
- ❖ The night before surgery, avoid eating or drinking anything after midnight.
- ❖ Bathe or shower the morning of surgery to minimize the risk of infection.
- ❖ Do not consume alcohol 24 hours prior to surgery. Refrain from smoking 12 hours prior to surgery. These substances can cause adverse reactions to anesthesia and medication.
- ❖ Remove all make-up and nail polish before arrival.
- ❖ Wear loose comfortable clothing and low-heeled shoes.
- ❖ Leave jewelry and valuables at home.
- ❖ Health changes should be immediately reported to your surgeon even if the changes seem minor (ie, fever, cough, rash, cold, etc.)
- ❖ Please inform your doctor about all the medications you are currently taking and clarify as to what can and cannot be taken prior to the surgery.
- ❖ Bring all medications, insurance card and identification with you the day of surgery.
- ❖ Arrange for a responsible adult to drive you home and stay with you for at least 24 hours following surgery.
- ❖ Pediatric patients should have 2 adults available to take them home- one adult to drive and the other to attend to the recovering child.