

## **Pre Operative Patient Instructions**

Please note that these instructions are only guidelines. If your doctor has given you specific instructions that differ from those mentioned on this page, then follow your doctor's specific instructions. If you have any questions or concerns regarding your surgery or any of the preoperative instructions, please call the office without hesitation.

### **Pre Ops**

If pre ops are ordered, please schedule an appointment with your primary care doctor. These Pre Ops must be completed 7-10 days prior to the date of surgery. If they are not completed within this time frame, the surgery may be delayed or even rescheduled.

### **Medications**

Do not take any Coumadin, Warfarin, Plavix **,(discontinuation of these medications may require cardiac clearance. Please let staff know immediately if you are taking any of these medications.)** aspirin containing products, ibuprofen, naproxen, or any non-steroidal anti-inflammatory medication in the 2 weeks prior to surgery. These products act as blood thinners, inhibiting clot formation and can cause increased bleeding during the surgery. Various herbal supplements, including ginkgo biloba and vitamin E, are also know to have similar clot inhibiting effects, and therefore should also be discontinued 2 weeks prior to surgery. Tylenol is safe and may be taken orally up to eight hours prior to your surgery time.

### **Diet**

Do not eat or drink anything 8 hours prior to your scheduled surgery time, including water. If you take daily blood pressure, asthma, cardiac or diabetes medications, please discuss this with the hospital when they call you prior to your surgery.

### **Illness and Cancellations**

If you become ill, please contact our office as soon as possible to discuss your symptoms, as surgery may or may not need to be postponed. If you need to cancel surgery, please call 72 hours in advance so that we may fill the O.R. time with other patients who also need surgery.

### **General**

Arrive at the hospital 2 hours prior to your scheduled surgery time. This will allow time to fill out paperwork and get checked in by the O.R. staff. After surgery or prior to hospital discharge, your doctor will tell you when you need to return to the office. You will need to call the next day to schedule the follow-up appointment.

### **Same Day Surgery**

DO NOT DRIVE YOURSELF. Please bring someone who can drive you home after your surgery.

- Remove all nail polish, make-up, and hairpins before coming to the hospital
- Leave all money, jewelry, and valuables at home
- Bring a case for eyeglasses/contact lenses
- Wear loose, comfortable clothing that is easy to get on/off
- Please do not bring children under 5 years of age to visit
- Bring all necessary items you will need (diapers, diaper bag, cups, etc.)

If you have any questions throughout the pre-operative process, please do not hesitate to call the office 480-784-0110.