



PRE-OPERATIVE INSTRUCTIONS

Surgery Scheduling

- Your physician will begin the scheduling process with the hospital or surgery center
- If you have not been reached by phone and your surgery is scheduled to occur within the next 24 hours, please call us between 8:30am and 4:30pm, Monday through Friday.

Medications

- You may take your medications as discussed during your initial visit with the doctor.
- Some medicine such as aspirin, aspirin containing compounds, Coumadin, Pradaxa or Plavix impair the body's ability to form a clot and stop bleeding. Based on your needs, specific details on these medications will be discussed at the time of your interview.
- Please refrain from taking anti-inflammatories (NSAIDs) for 3 days prior to your procedure. These include, but are not limited to: aspirin, ibuprofen, aleve, motrin, naproxen, meloxicam, Mobic, Celebrex, etodolac, Lodine, and diclofenac.
- If you have diabetes and take insulin or another diabetes medicine, instructions will be provided on how to adjust your medicine on the day of surgery when you will not be eating.
- **You received instructions from the doctor on what medicines you should and should not take in the days leading up to your surgery and on the morning of the surgery itself. If you have questions regarding this, please don't hesitate to call the office for clarification.**

The Day Before Surgery

- Please contact your surgeon's office to validate your arrival time.
- Please refrain from eating solid food, or chewing gum or tobacco, within 8 hours of your scheduled procedure time
- You may drink the following up to 4 hours before your scheduled procedure time:
 - Water (plain, carbonated or flavored)
 - Fruit juices without pulp, such as apple or white grape
 - Fruit-flavored beverages, such as fruit punch or lemonade
 - Carbonated drinks, including dark sodas (cola and root beer)
 - Gelatin
 - Tea or coffee without milk or cream
 - Clear sports drinks (without protein, like Gatorade (NOT muscle milk))
 - Clear, fat-free broth (bouillon or consommé)
 - Honey or sugar
 - Hard candy, such as lemon drops or peppermint rounds
 - Ice pops without milk, bits of fruit, seeds or nuts
- Within 4 hours of your procedure time please refrain from drinking anything

The Day of Surgery

- If you've been asked to take routine or other medicines on the morning of surgery, please take them with a very small sip of water.
- Wear loose and comfortable clothing and flat shoes.



- Leave jewelry and valuables at home. If you wear contact lenses, please bring your glasses with you. Please remove any body piercings.
- Please arrive at the hospital at the specified time, typically 1 hour before your scheduled
- Because of urgent cases, there may be a delay in the start of your surgery or, your start time could be earlier than expected if last minute cancellations occur. If possible, bring something to read and arrive early.
- If you receive general anesthesia, you will be taken to the Recovery Room for 15-30 minutes after your procedure. You will be allowed to go home when you are fully alert.
- A nurse will review your post-operative instructions and prepare you for discharges from the hospital or surgery center.
- You **will not be allowed** to drive yourself home. Please make arrangements for someone to take you home.