

GENERAL INSTRUCTIONS FOR PRE-OPERATIVE PATIENTS

DATE OF SURGERY _____

PROCEDURE _____

1. **Do not** eat or drink anything after midnight, the night before surgery. Surgery will be cancelled if you eat or drink. You may brush your teeth and rinse your mouth in the morning. Daily important medications such as heart, thyroid, seizure or blood pressure medications should be taken with a sip of water at their usual times.
2. **Do not** take any aspirin or similar drugs that contain aspirin and may cause excessive bleeding. These aspirin related drugs should be avoided for two weeks prior to surgery. For example: Motrin, Anacin, Dristan, Percodan, Excedrin, Alka-Seltzer, Bufferin, Felden, Advil, Nuprin, Naprosyn, Anaprox, Indocin, Dolobid, Aleve, Clinoril, or Fiorinal, Coumadin, and Plavix. In addition, many over the counter cold preparations contain aspirin. Ask your pharmacist. **Please note: Tylenol, acetaminophen is safe to take.**
3. Discontinue vitamin E for two weeks prior surgery and two weeks after surgery.
4. If you smoke, try to abstain or quit. Smoking causes poor wound healing, excessive scarring, respiratory complications, and poor fusion on spine.
5. **Do not** drink any alcohol for 4 days prior to surgery.
6. **Do not** wear make-up or nail polish on the day of the surgery. Leave all jewelry and money at home.
7. Please shower or bathe with an antibacterial soap either the night before surgery or the morning of surgery. **Do not** apply moisturizers or skin conditioners of any kind.
8. Following surgery, you must have a reliable escort to bring you home. For ambulatory surgery, someone should remain with you for the first night after surgery.
9. Notify the office if you have a fever, sore throat, or signs of a cold within one week prior to surgery.
10. All indicated laboratory tests must be completed within 7 days of your surgery date. If you **do not** have all the required tests, your surgery will be **cancelled.**
11. Please arrive at the hospital at 6:00 am before your scheduled surgery time if your operation is scheduled for 7:30am. Arrive 2 hours prior to surgery if your scheduled time for any other time of the day. Bring something to read in case there are delays.
12. If you are undergoing spinal fusion and need a brace it will be ordered for you.
13. Wear comfortable clothing and shoes. Buttons, down, loose fitting shirt is best.
14. Your family and friends can wait in the Ambulatory Surgery Waiting Room area during your surgery.

NOTE: We will call your insurance company to pre-certify your surgery admission. For your own benefit, you should call your insurance company to verify your benefits and to avoid any possible reduction of benefits or non-payment of claims. If you have any questions please call the office at (732) 205-9110. Thank you and we wish you a successful surgery and a complete recovery.