

General Surgical Care

Pre-Surgical Instructions

Medications:

1. **STOP** all Aspirin, Vitamin E, Fish Oil and NSAIDS such as Advil, Aleve, or Ibuprofen 7 days prior to surgery. Tylenol can be used.
2. Please hold your _____ for _____ days prior to surgery.
3. Heart and/or blood pressure medications should be taken with a sip of water the morning of surgery.
4. If you are diabetic please contact your family physician for instructions on managing your medication/insulin.
5. Pain medications used after surgery can cause constipation. Have a light diet the evening before surgery. If you are prone to constipation or are having **hernia** surgery we encourage you to take 2 tablespoons of **Milk of Magnesia** the night before surgery.

Additional Pre-Surgical Instructions:

1. **DO NOT** eat or drink anything after midnight. This includes candy, mints, coffee, gum, cigarettes and water. The only **exception** is cardiac/blood pressure medications as instructed above.
2. **DO NOT** wear any jewelry or make-up the day of surgery. If you wear contacts bring a case.
3. Bring list of medications, photo ID and insurance cards to hospital. Leave valuables at home.
4. **Wear loose comfortable clothing.**
5. **YOU WILL NEED A DRIVER** to take you to and from the hospital.

**** General Surgical Care recommends tobacco avoidance for 4 weeks pre-operatively. If your surgical date is scheduled sooner than 4 weeks, please avoid smoking from when you scheduled a surgical date until the date of your procedure. Avoiding tobacco can reduce the chance of wound infection.****

****If you require Pre Surgical Testing, this should be completed 14-30 days prior to surgical date. Please have done at a St.Luke's Facility (unless insurance requires you have testing at a specific facility). **If the results of testing are not in your chart 5 days prior to surgery, there is a risk surgery may be cancelled.******

Skin Preparation:

Do Not use any lotion, powder, perfume or deodorant after your shower

Do Not shave any body parts in the 24 hours before surgery.

Do Not get antiseptic soap in eyes, ears, nose, mouth or vaginal area.

1. You will need to shower the **night before** and the **morning** of your surgery.
2. First, shampoo your hair as usual and rinse completely before using the antiseptic soap.
3. After showering with usual soap. Use a clean washcloth to apply the antiseptic soap and wash body from neck down using 1 packet , paying extra attention to area of surgery.
4. Rinse completely and dry off with a clean towel.
5. Dress in clean clothing.
6. In the **morning**, take **second shower** with remaining packet of soap following above steps. **Dress in clean comfortable clothing.**

If more then **three months** elapses after a cancellation of surgery you will need to be reevaluated in the office prior to rescheduling.

If you need to **cancel** your surgery or have any further questions please call Wendy at (610)865-5535.