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 per operatively. If your surgical date is scheduled sooner then 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.