

## General Surgery Pre-op Instructions

These are general pre-operative instructions which apply to most general surgery procedures. If there are additional details to your pre-operative preparations this will be discussed with you at the time of your pre-operative appointment.



1. Pre-operative interviews are conducted by the facility where your surgery will occur. Some are conducted over the phone, while others require a visit with the anesthesiologist.
2. If you take daily medications, check with the anesthesiologist about what to do the morning of your surgery regarding your medication.
3. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED BY THE ANESTHESIOLOGIST.
4. Many times your surgeon will request pre-operative lab tests to be drawn. This will be done at the facility during the pre-operative visit or at an outside lab prior to your surgery. This lab should be done in a timely fashion so that results will be available before the operation.
5. In most cases you should stop taking aspirin or NSAID's such as Advil, Motrin, or Aleve at least 7 days prior to surgery. If you are taking these medications, ask Dr. Ditto for specific instructions.
6. Be sure to inform Dr. Ditto as soon as possible if you are on Coumadin (Warfarin), Plavix, Lovenox, or other prescription blood thinning medications. Stopping these medications should only occur at the direction of a physician. In some cases substitute medications will be used around the time of surgery.
7. If you are having colon surgery, or your surgeon instructed you to take a bowel prep prior to your surgery, there are additional instructions located in the same tab called colon surgery/colonoscopy. Please refer to these.
8. Arrive at the facility 1½ hours prior to your scheduled surgery time unless otherwise instructed. Late arrivals may cause your surgery to be delayed or cancelled.
9. Be aware that your surgery time may change. You will be informed as soon as possible if this is necessary.
10. Bathe or shower the morning of your procedure to reduce the risk of infection.
11. Wear loose comfortable clothes that are easy to take off and put on.
12. Remove all body piercings and jewelry.
13. Leave all valuables at home including jewelry, watches, money, cell phones, computers, etc.
14. Bring cases for glasses, contact lenses, hearing aids, and dentures.
15. If you are scheduled for outpatient surgery, arrange for a responsible adult to drive you home. It is also a good idea to have a responsible adult stay with you for the first 24 hours after surgery.