

Pre-Operative Instructions

2 Weeks before surgery:

- Avoid all products that might interfere with blood clotting such as aspirin, ibuprofen (Motrin/Advil), naproxen, and even vitamin E, garlic extract, and alcohol.
- If you are taking anticoagulant medicine such as aspirin, coumadin, plavix, or heparin, check with your doctor to find out how much time needs to pass between your last dose of medicine and surgery. You will need to consult with your primary care physician, internist, or cardiologist before discontinuing any of these medications in preparation for surgery.
- If you are a smoker, do not to smoke for a minimum of 2 weeks before and after surgery. Smoking increases your risk for bleeding and complications during and after surgery. It is in the best interest of your health to stop smoking at this time.
- If you have a chronic medical condition such as high blood pressure, heart disease, vascular disease, diabetes, chronic lung disease – make sure you check with your family doctor (primary care doctor) to ensure they are well controlled before surgery.
- You may take Tylenol for pain or fever.

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Night before surgery:

- Take preoperative medicines if you were instructed to do so.
- Do not eat or drink anything after midnight.

Day of surgery:

- Do not eat or drink anything
- Take all scheduled medications including high blood pressure or heart medicines; however, only have a very small sip of water. **DO NOT** drink a lot of water. Your stomach must be empty for the surgery. Your surgery will be cancelled (for your safety) if you have eaten or drank prior to surgery
- Please **do not** chew gum or use smokeless tobacco the day of surgery.
- Remove contact lenses and wear your glasses instead.
- Do not wear makeup.
- Leave valuables and jewelry at home or with family members.
- Have someone to drive you to and home from the surgical site.

For further information on anesthesia please visit www.asahq.org/patientEducation.htm which was developed by the American Society of Anesthesiologists (ASA).