

Pre-operative Patient Instructions

Please note that these instructions are only guidelines. If your doctor has given you specific instructions that differ from those mentioned on this page, then follow your doctor's specific instructions. If you have any questions or concerns regarding your surgery or any of the preoperative instructions, please call the office without hesitation.

Labs

If labs are ordered, please schedule an appointment with your primary care doctor. These labs must be completed 7-10 days prior to the date of surgery. If they are not completed within this time frame, the surgery may be delayed or even rescheduled.

Medications

Do not take aspirin, aspirin containing products, ibuprofen, naproxen, or any non-steroidal anti-inflammatory medication in the 2 weeks prior to surgery. These products act as blood thinners, inhibiting clot formation and can cause increased bleeding during the surgery. Various herbal supplements, including ginkgo biloba and vitamin E, are also known to have similar clot inhibiting effects, and therefore should also be discontinued 2 weeks prior to surgery. If you are taking any herbal supplements, please contact our office for a detailed list of safe medications. Tylenol is safe and may be taken orally up to eight hours prior to your surgery time.

Diet

Do not eat or drink anything 8 hours prior to your scheduled surgery time, including water. If you take daily blood pressure, asthma, cardiac or diabetes medications, bring them the morning of surgery to the hospital and discuss whether or not you should take them with the Anesthesiologist in charge of your care.

Illness and Cancellations

If you become ill, please contact our office as soon as possible to discuss your symptoms, as surgery may or may not need to be postponed. If you need to cancel surgery, please call 72 hours in advance so that we may fill the O.R. time with other patients who also need surgery.

General

Arrive at the hospital 2 hours prior to your scheduled surgery time. This will allow time to fill out paperwork and get checked in by the O.R. staff. After surgery or prior to hospital discharge, your doctor will tell you when you need to return to the office. You will need to call the next day to schedule the follow-up appointment.

Same Day Surgery

DO NOT DRIVE YOURSELF. Please bring someone who can drive you home after your surgery.

- Remove all nail polish, make-up, and hairpins before coming to the hospital
- Leave all money, jewelry, and valuables at home
- Bring a case for eyeglasses/contact lenses
- Wear loose, comfortable clothing that is easy to get on/off
- Please do not bring children under 5 years of age to visit
- Bring all necessary items you will need (diapers, diaper bag, cups, etc.)

If you have any questions throughout the pre-operative process, please do not hesitate to call the office or contact your doctor.