

PREOPERATIVE INSTRUCTIONS FOR YOUR SURGERY

1. If you develop cold or flulike symptoms before surgery, please call the office.
2. All patients will need to complete preoperative testing and an anesthesia evaluation within 3 days before surgery at the hospital. Call for appointment to preadmission testing unit . Lab work typically consists of a urinalysis and blood tests. An electrocardiogram and chest X-ray may also be required.
3. Discontinue all aspirin and aspirin containing medicines, antihistamines, and cough syrups **2 WEEKS PRIOR SURGERY DATE.**
4. If you take anticoagulants such as Coumadin, Warfarin, Lovenox, or Heparin your primary care physician must be consulted for instructions. They will be discontinued prior to surgery with your medical doctor's permission and guidance.
5. Stop all herbal medications, diet pills, multivitamins and NSAID's such as Advil, Ibuprofen, etc. 7-10 days before surgery. Tylenol may be taken for pain.
6. Stop all cholesterol lowering medications (Lipitor, Zocor, Pravachol, etc) 48 hours prior to surgery.
7. **DO NOT TAKE ANY MEDICATIONS THE MORNING OF SURGERY** unless specifically instructed by your doctor.
8. You may use prescribed inhalers. Please bring them with you the morning of surgery.
9. The exact time of your surgery will be given to you the afternoon before surgery. To avoid surgery cancellation please arrives at least one-hour prior scheduled surgery time.
10. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY!** (this includes water, coffee, hard candy). If you do eat or drink, your surgery will be cancelled by the anesthesiologist. You may brush your teeth in the morning as long as you do not swallow water. The anesthesiologist at the hospital may have given you instructions to take certain medicines, particularly heart or blood pressure medicines, with a sip of water. Follow the anesthesiologist's instructions.
11. If a Golytely bowel preparation has been ordered, please take this afternoon before surgery. Golytely should be mixed as directed on the label and you should drink an 8-ounce glass every 15 minutes until the full prescription has been completed.
12. Bring a list of your medications or the bottles of medications themselves with you to the hospital.
13. Remove all make-up, nail polish, and jewelry. Contact lenses may not be worn. Please remember to bring them along with their container or you may wear glasses.
14. Leave all valuables at home.

15. For ambulatory (outpatient) surgery: you **WILL NOT BE ALLOWED** to drive yourself home. Please make arrangements for a friend or relative to take you home after surgery.
16. During your surgery a family member or friend should wait in the waiting room. If possible, do not bring small children with you.
17. The doctor will see you the morning of surgery in the operating suite. Your doctor will talk with your family and friends after surgery in the surgical waiting room.
18. At the hospital on the day of surgery, you will be prepared for surgery in the pre-op area. It is during this time you will meet with the anesthesiologist. He/she will discuss with you the options of anesthesia and help you decide which type will be best for you.
19. After surgery you will be taken to the recovery area. You will be in this area for approximately 2-3 hr as your anesthesia and vital signs are monitored. A nurse will review your post-operative instructions and prepare you for discharge from hospital (if you are staying overnight you will be taken to your room). Your family member may then join you.
20. You will schedule a postoperative appointment (when needed) after discharge. At this appointment, your surgical findings and pathology will be reviewed and your incision examined. Any recommendations for further treatment will be reviewed.
21. If you have a question or concern, first refer to the printed Postoperative Instruction Sheet given to you before surgery. If the answer is not there or you still have a serious concern, do not hesitate to call office.

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