



## Pre-operative Instructions

- NO liquids or food after midnight prior to surgery (For children under the age of 4, check with your physician for guidelines)
- If you use any medications on a regular basis, ask your doctor about their use prior to surgery. Routine medications may be taken with a small sip of water at least two (2) hours prior to surgery. Insulin dependent diabetics should call the day before surgery to speak with our anesthesiologist.
- DO NOT TAKE ASPIRIN, IBUPROFEN, NSAID, OR ANY MEDICATION WITH ASPIRIN IN IT FOR TWO (2) WEEKS PRIOR TO SURGERY. ACETAMINOPHEN (TYLENOL) MAY BE USED INSTEAD. If you are taking medication for arthritis, ask your doctor about its use prior to surgery. Ask your doctor if you take any herbal supplementations as they may increase the risk of bleeding or have anesthetic effects (Make sure to stop taking Ginko Biloba, Garlic, Ginseng, Fish Oils, St. John's Wort, Echinacea, Ma Huang, Kava, Valarian, Vitamin E, etc.)
- Talk to your PRIMARY CARE DOCTOR if you are on Blood Thinners such as Plavix, Coumadin, Lovenox, etc. You will need to stop these before surgery but will need clearance and instructions from your prescribing physician
- If you or a family member have a history of bleeding problems, let your physician know.
- If you become ill, please contact our office. If you need to cancel surgery, please give at least 72 hours in advance so we may fill the time with other patients who need surgery.
- You will receive a confirmation call from the surgery facility the day before surgery. At that time, you will be given specific instructions for arrival time and directions

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## The Day of Surgery

- Do not wear jewelry (especially rings) or makeup
- Do not bring valuables, cash, or jewelry on the day of surgery
- Bring insurance card, current photo ID, and guardianship paperwork
- The amount of time spent in the surgery facility will depend on the surgery performed, and on your response to the anesthetic. Many of our patients are ready for discharge within an hour after surgery. More extensive surgery requires a longer recovery period.
- Arrange with a family member or friend to drive you home after surgery. No one will be allowed to drive after a general anesthetic. We advise you to have someone stay with you the first night after surgery.
- Post-operative prescriptions will be given to you prior to discharge. Please call our office if you need a refill.
- We will contact your insurance company to pre-certify your surgery prior to your scheduled date. This is not a guarantee of payment. Claims are paid according to your insurance coverage at the time of service.