



## Pre-Operative Instructions

### Alerts and Medications

1. You must not smoke or use nicotine products 6-8 weeks before and after all elective procedures unless specifically allowed by your surgeon.
2. If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid or Lovenox, consult with your PCP before discontinuing.
3. **STOP** all Herbal Medications, Vitamin E, Fish Oil, Diet Pills, Multivitamins, and NSAIDs such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen **7 to 10 days prior to surgery.**
4. **STOP** all Cholesterol-lowering medications, Lipitor, Zocor, Pravachol, **48 HOURS PRIOR to surgery.**
5. If pain medication is needed prior to surgery, **Tylenol CAN BE USED** as necessary.
6. If you have any further questions regarding your medications, please call your surgeon's office.

### Morning of Surgery:

#### Do **NOT** Take:

Diuretics or Water Pills or medications such as BENAZEPRIL, CAPTOPRIL, ENALAPRIL, QUINAPRIL DIABETIC PILLS OR INSULIN the morning of surgery. Your blood sugar will be checked at the surgery center prior to surgery and will be taken care of as needed.

#### Do Take:

You **MAY TAKE** any HEART MEDICATIONS or BLOOD PRESSURE MEDICATIONS the morning of surgery with a sip of water.

Unless otherwise indicated by the pretest center (CPAP).

You **MAY ALSO USE** PRESCRIBED INHALERS AND you **MUST BRING THEM WITH YOU** the day of surgery.

### Skin Preparation

**BEFORE** surgery, your body must be thoroughly cleansed with **DIAL ANTIBACTERIAL SOAP** to decrease the number of germs on the skin. Using this soap will help reduce the chance of getting a wound infection after surgery. Take a shower and wash your entire body with antibacterial soap. Work the soap up into a lather. Wash your body, especially the surgical area, with a clean, fresh washcloth. Rinse thoroughly because soap can leave a film, which may interfere with the antiseptics used to clean the skin in the operating room. Dry body with a clean, fresh towel. Wear clean, fresh pajamas to bed. **Please shave your chest a day or two prior to surgery.**

#### *The morning of surgery:*

Take a shower or wash the surgical area again with antibacterial soap. Work into a lather and clean the body or surgical site with a clean, fresh washcloth. Again, rinse thoroughly, dry your body with a clean fresh towel, and put on clean, fresh clothes.

#### Follow these instructions for proper skin preparation:

DO NOT: Shave the day of surgery. This can cause small abrasions or nicks in the skin, which allows germs to enter. If you need to shave, it must be done the night before surgery. Do not use any creams, lotions, powders or underarm deodorant in the area where your surgery will take place. These items interfere with the solution used to prepare your skin in the operating room.

#### Additional Instructions:

1. **DO NOT** eat or drink anything after midnight the day of surgery, unless otherwise indicated. This includes candy, mints, coffee, water, gum, and cigarettes. Exceptions include certain morning medications and afternoon procedures.
2. **DO NOT** wear any jewelry, make-up, nail polish, hair clips or contact lenses the day of surgery. Bring your contact lens case and cleaning solution to the Surgery Center if you wear contacts.
3. **DO NOT** bring any valuables with you to the Surgery Center or they will have to be placed with security or left with the accompanying person.
4. It is recommended that you wear loose, comfortable clothing to the Surgery Center the day of surgery. Wear something that is loose enough to fit over the operated site that may have a bandage over it, especially if you are going home the same day.
5. We **REQUIRE** that you have a responsible person provide you with transportation after surgery and must be able to stay with you 24 hours following surgery. **You cannot take the bus or a taxicab home alone.**

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Patient Signature

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Date