



PRE-OPERATIVE INSTRUCTIONS

Going for surgery:

- You will be in contact with our scheduler to arrange a time for surgery
- A preoperative appointment will be arranged
- Depending on your medical health, you may be asked to see your physician for medical clearance before surgery

At your preoperative visit:

- A history and physical examination will be completed by our physician assistant
- Certain tests may be ordered, such as:
 - blood tests
 - CT scan
 - X-rays
- The risks, benefits and possible complications about the surgery will be discussed
- Any further questions or concerns that you may have about the surgery can be answered at this time
- Your consent for the surgery will be obtained
- A consultation with the Anesthesia Service will be completed

What to do before surgery:

- Maintain good health
 - To help reduce complications, it is recommended that you maintain a healthy lifestyle through proper diet and exercise
 - In certain cases, it may be important for you to lose excess weight in order to decrease the risks of a general anesthetic and improve the success of the surgery
 - If you have a chronic medical condition, it is important that you consult your physician to ensure that your condition is controlled and that it will be safe for you to have surgery



- Stop smoking at least two weeks before surgery
 - Smoking is very irritating to your lungs and will make it harder for you to recover from your operation. It may also increase your risk of complications
- Stop blood thinning medications for at least 10 days before surgery
 - These medications increase bleeding and your risk for postoperative complications
 - If you are taking aspirin under the direction of your physician, or other blood thinning medications such as Coumadin or Plavix, these medications must be stopped prior to surgery under the supervision of your doctor or surgeon. In some cases they must temporarily be replaced with another medication.
 - If you are taking aspirin or aspirin-related products (eg. Motrin, Aleve, Advil, etc.), they should be stopped for 10 days before surgery and one week after surgery.
 - If you are using any herbal or holistic medications, please stop these medications at least 10 days before surgery as they may contain ingredients that may thin the blood
- Do not eat or drink after midnight prior to the day of surgery
 - This includes gum, hard candy and breath mints. However, unless otherwise instructed by your physician, you should take your medications the morning of surgery with small sips of water.
- Arrange for transportation
 - You may not drive yourself home after surgery. Please arrange for an escort to drive you home.