



## **Pre-Op Instructions**

There are several steps that need to be taken to ensure your surgery experience goes as smooth as possible; Therefore, you will be required to arrive early. There may be times that your wait time is extended due to unforeseen circumstances, such as emergencies, etc. Please bring reading material to help pass the time.

**DO NOT** eat or drink anything after midnight the night prior to your surgery, including water. Do not chew gum the morning of your surgery. Your surgery will be cancelled if you eat or drink anything.

You **MAY** take **ESSENTIAL** medications the morning of the surgery, such as blood pressure, heart medications, etc. with a sip of water.

If you are a diabetic and take medication please follow below, if you are unsure, please contact the office for instructions. Do not take any oral diabetic medications the morning of the surgery. If you are on insulin, only take ½ of your usual dose the morning of the surgery. Again, if you are unsure, please contact the office for instructions.

If you are taking any of the following; Aspirin, Plavix, Naproxen, Mobic, Meloxicam, Savaysa, Ibuprofen, Vitamin E, Fish Oil, CoQ-10, Omega, please hold 5 days prior to the surgery.

If you are taking any other blood thinners that are not listed above, please notify the office for further instructions as you will be required to stop them prior to the scheduled surgery.

Do not drink alcoholic beverages within 24 hours of your surgery and limit smoking as much as possible. Wear comfortable clothing. Be sure to take a bath or shower, including washing your hair, prior to procedure.

If you are going home the same day as your surgery, you must arrange for an adult to drive you home from the hospital. You will not be allowed to drive yourself home. Please leave any personal belongings at home (except for ID & insurance card).

**IF** your surgery requires an overnight stay, you may bring personal items such as a robe, slippers and personal toiletries (i.e.; toothbrush, toothpaste, etc.)

**IF YOU HAVE A C-PAP MACHINE, BRING IT WITH YOU SINCE YOU WILL BE STAYING OVERNIGHT.**

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