

## PRE-OPERATIVE INSTRUCTIONS

In preparation for your upcoming surgery, please read and follow the instructions printed below. If you have any questions, do not hesitate to contact our office for clarification.

1. Stop smoking for 2 weeks before and 2 weeks after your surgery to maximize the healing process.
2. No alcohol for 5 days prior to surgery. Do not drink alcohol while you are taking any medications before or after surgery, especially pain and sleeping pills.
3. No aspirin, large doses of vitamin E (greater than 400 I.U.), ibuprofen or any drugs listed in your "medications" to avoid" sheet for 2 weeks before and 2 weeks after surgery to avoid bleeding complications.
4. Do not take any herbal medications for 2 weeks before and 2 weeks after surgery as herbal medications can also cause bleeding and interact with anesthesia.
5. Fill your prescriptions and bring them with you on your day of surgery.
6. The night before surgery, shower and wash your hair with antibacterial soap. Repeat this process the morning of surgery before you come in the office.
7. **NOTHING TO EAT OR DRINK AFTER 12 MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.** This includes water. If you do eat or drink during this time, surgery may have to be rescheduled. If you are taking daily medications, please let us know so we can advise you as to whether or not you need to take these medications with a sip of water the morning of surgery. If your surgery is scheduled in the afternoon, contact us for specific dietary instructions.
8. **Make arrangements to have a responsible adult pick you up from our office and stay with you for 24 hours after your surgery. Surgery cannot be performed if these arrangements have not been made.** You may not go home alone in a Taxi or other public transportation. You will need to bring the name and phone number of your caregiver to our office the morning of surgery.
9. The morning of surgery do not wear makeup, lotions, contacts or glasses.
10. Remove all jewelry (including piercings) prior to coming to our office and leave all your valuables at home.
11. Wear comfortable, loose fitting clothing that buttons down the front. Do not wear high heels. Wear flats that grip the floor such as sneakers. Bring a pair of socks to keep your feet warm during surgery.
12. On the morning of surgery, please be at the office at \_\_\_\_\_AM.

I have read and understand the above instructions and agree to comply.

_____ Patient Signature	_____ Date
_____ Witness	_____ Date