



PATIENT'S PRE-OPERATIVE INSTRUCTIONS

1. NOTHING TO EAT OR DRINK after midnight, the night before surgery. NOTHING TO EAT OR DRINK the morning of surgery. This includes water, candy, and gum. Medication should NOT be taken unless instructed to do so by one of our physicians.
2. REMOVE all jewelry, hair pins, batteries, and nail polish. Do not apply any facial lotions or makeup. Do not wear a pullover top- **BUTTONS** or **ZIPPERS ONLY**.
3. Leave all valuables at home, including money and credit cards.
4. Please plan for someone to take you home. You cannot drive after receiving anesthesia.
5. You will receive a call from the surgical facility the day before your surgery to confirm the time. (Monday patients will be contacted on Friday).
6. You must have someone stay with you the night of the surgery.
7. NO ASPIRIN, IBUPROFEN (MOTRIN/ADVIL), NAPROSYN (ALEVE), VITAMIN E, ST. JOHNS WORT, GINKO, GINSENG, or products containing these medications should be taken two weeks prior to surgery. You may take Tylenol.
8. To reduce bleeding and promote good wound healing, you should stop smoking and avoid alcohol for two weeks prior to surgery.
9. The night prior to surgery you should bathe with an over the counter antibacterial soap such as dial or hibiclens. Do not use oils or lotion on the skin after bathing or the morning of surgery.
10. Notify the office in the event of an upper respiratory infection or an illness prior to the scheduled date. We may need to see you and evaluate your condition.
11. No strenuous activity or exercise for three weeks after surgery. You may walk and do light activity as soon as you feel able.
12. Notify the office of any problems or call for any concerns or questions. We are always available.