

General Surgery Pre-Operative Instructions

The following instructions are provided to help you understand and prepare for your upcoming surgery. Feel free to ask us about any questions you may have.

You may **NOT** eat or drink ANYTHING after midnight.

You may **NOT** have gum, suck on hard candy, or anything by mouth the morning of surgery.

The Day of Surgery

- Remember to bring your driver's license, insurance card(s), and list of medications.
- Please bathe the morning of your surgery.
- Do not shave near your surgical site. Shaving can irritate your skin, which may lead to infection.
- You can brush your teeth and rinse your mouth, but do not swallow any water.
- If you've been asked to take routine or other medicines on the morning of surgery, please take them with a very small sip of water.
- Wear comfortable, loose-fitting clothing.
- Leave jewelry and valuables at home.
- If you wear contact lenses, please bring your glasses with you.
- Please remove any body piercings.
- Bring a responsible adult to remain at the hospital during your surgery and drive you home.
- Patients under 18 years must be accompanied by a parent or legal guardian.

Because of urgent cases, there may be a delay in the start of your surgery or, your start time could be earlier than expected if last minute cancellations occur. If possible, bring something to read and arrive early.

If you are going to be discharged from the hospital after surgery, you will be allowed to go home when you are fully alert. You will **NOT** be allowed to drive yourself home. Please make arrangements for someone to take you home.

If you take any blood thinners we **MUST** check with your cardiologist before you stop these medications.

DO NOT stop taking these medications unless we clear it with your doctor.

Please notify our office of any underlying heart conditions or recent heart procedures you may have had.

___ stop Plavix, Effient, 7 days before surgery
___ stop Coumadin, Pradaxa, Xarelto, 4 days before surgery
___ stop Aggrenox 5 days before surgery
___ stop Brilinta 3 days before surgery
___ stop Eliquis 2 days before surgery
___ stop Adipex/Phentermine and all other diet pills 2 weeks before surgery
___ stop Adderall, Concerta, Ritalin 2 weeks before surgery