

# PREOPERATIVE INSTRUCTIONS

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY  
IT IS IMPERATIVE THAT YOU COMPLY WITH ALL OF THE FOLLOWING  
REQUESTS IN ORDER TO SAFELY UNDERGO SURGERY.**

1. All patients **OVER THE AGE OF 40**, or patients with any significant medical problems, must have a complete physical examination performed by their physician prior to surgery. This should include an **ELECTROCARDIOGRAM** and **CHEST X-RAY**. **You must have written clearance from your physician 2 weeks prior to surgery. The written results must be received in our office 1 week prior to surgery.**
2. You **MUST** have a Blood Count (CBC), Urinalysis, Protime, PTT, Hepatitis B and C, Chemistry Panel, Pregnancy test, and HIV Screen at a lab of your choice **2 WEEKS PRIOR TO SURGERY. THE WRITTEN LABORATORY RESULTS MUST BE IN OUR OFFICE 1 WEEK PRIOR TO YOUR SURGERY**
3. **IMPORTANT \*\*\*\*** If you are taking any daily medications (i.e. high blood pressure or heart medication, etc.) consult your physician as to continuing or altering medication before as well as after your surgery.
4. If Mephyton (Vitamin K) tablets are prescribed for you, **START FIVE DAYS PRIOR TO SURGERY.** Take twice a day, 1 tablet in the morning and one tablet at night. (This is prescribed to reduce bruising)
5. If Antibiotics are prescribed, please start 1 day before surgery. **DO NOT** take the morning of your surgery. Continue to take this medication the evening of surgery and finish the prescription.
6. If pain medication is prescribed, take 1 tablet every 3-4 hours as needed for pain.
7. If sleeping medication is prescribed, 1 tablet may be taken at night if needed for sleep.
8. **DO NOT** eat or **drink** any liquid (**EVEN WATER**) after midnight the night before your surgery.
9. Shampoo your hair the night before or morning of surgery. If your hair is tinted, do all coloring or tinting procedures 1 week before the surgery date. Wash your face well the night before and morning of surgery. **DO NOT** apply make-up,

moisturizers, facial lotions, hair spray, setting lotions, etc. the day of surgery. Please make sure all make-up, mascara, etc. is thoroughly removed.

10. **ABSOLUTELY NO** alcoholic beverages 2 weeks prior to surgery. **NO** coffee or tea 2 weeks prior to surgery. You may have decaffeinated coffee or tea only.
11. **NO ASPIRIN** at all for 2 weeks prior and 2 weeks after surgery. You may take Tylenol or any other "aspirin free" products instead. (**See aspirin containing medication list**).
12. Avoid exposure to strong sunlight 1 week prior to surgery.
13. Dress comfortably the day of surgery. You must wear a button-down shirt, slacks and slip-on flat shoes (no blue jeans, or tennis shoes). Wear a pair of cotton socks to keep your feet warm (no pantyhose). Please no pull-over shirts or sweaters.
14. Someone **MUST** drive you from the office and stay with you the first night of surgery for twenty-four hours. Patients who receive any type of anesthesia **WILL NOT** be discharged to drive themselves home or to a taxi following surgery. **IF YOU LIVE OUT OF THE AREA** (more than 45 minutes away from this office) arrangements should be made to stay at one of the following: a nearby hotel, an aftercare facility or with a registered nurse. **All patients are seen in the office the next day.**
15. **LEAVE ALL VALUABLES AT HOME** Do not wear any jewelry (including wedding ring) and do not bring your handbag. **WE WILL NOT BE RESPONSIBLE FOR ANY VALUABLES BROUGHT TO THE OFFICE**
16. **AFTER SURGERY** go directly home or to the aftercare facility. Please remain in bed and follow the post operative instructions for your individual procedure. The instructions are provided to help insure that you will have a smooth and easy post operative recovery.