

# GENERAL PRE-OPERATIVE INSTRUCTIONS

## TWO WEEKS PRIOR AND TWO WEEKS AFTER SURGERY:

1. NO VITAMIN E: Do not take a vitamin E supplement; you may still take your daily multi-vitamin even if it contains E. A good multi-vitamin with zinc is recommended for a minimum of two weeks before and after surgery.
2. Take 2000-3000mg of vitamin C, as tolerated.
3. STOP ALL BLOOD THINNERS SUCH AS ASPIRIN, ADVIL, ALEVE, VIT. E, GARLIC, WARFARIN, COUMADIN, ETC. PLEASE CHECK WITH OUR OFFICE REGARDING YOUR OTHER MEDICATIONS. You must notify us of **ANY** medications that you are taking, including non-prescription medications such as cold and headache remedies, nose drops, etc.
4. Tylenol (acetaminophen) is allowed pre-op and post-op for pain relief and/or fever.
5. NO SMOKING OR NICOTINE PRODUCTS-NO ALCOHOL for at least one week before and two weeks after surgery.

## THE NIGHT BEFORE SURGERY:

1. Wash body, face and shampoo your hair, pay special attention to the surgical site. Use Hibiclens soap (avoid the eyes), Phisoderm or Betadine solution.
2. Take any pre-op medications, as instructed by the pre-admissions nurse or the anesthesiologist.
3. DO NOT eat or drink anything after midnight, unless instructed by your doctor.

## THE DAY OF SURGERY:

1. Take all pre-op medications as directed by the pre-admissions nurse or the anesthesiologist.
2. Repeat wash of the body, face and shampoo hair, again paying special attention to the surgical site. Use Hibiclens soap (avoid eyes), Phisoderm or Betadine solution.
3. Remove contact lenses, leave valuables at home or with family members.
4. Wear loose, comfortable clothing that buttons down the front.
5. Have someone drive you to the hospital. Medication in your system may affect your ability to drive.
6. Make arrangements for someone to pick you up and remain with you for at least 24 hours following surgery. YOU MUST BE ACCOMPANIED BY A FRIEND OR FAMILY MEMBER UPON LEAVING THE HOSPITAL.
7. DO NOT DRIVE following surgery until you have been cleared by your physician.
8. Do not sign any papers or make important decisions for 24 hours after surgery. Medications may affect or alter your judgment.
9. **Please call the office if you have any questions regarding your pre-op or post-op care.**