

PRESURGICAL INSTRUCTIONS

- You should prepare some soft ice-packs to use after surgery to minimize swelling.
- Prepare and stock up on soft foods and non acidic fluids before your appointment.
- Discontinue aspirin and any medications containing aspirin for two weeks prior to your surgical appointment, **unless** instructed by your physician **not** to discontinue this medication.
- Discontinue Advil or any other non-steroidal anti-inflammatory medication one week prior to your surgical appointment. You may substitute Tylenol for these medications.
- Discontinue Vitamin E one week prior to your surgical appointment.
- Inform this office if you are taking any other anticoagulant medication, i.e., Plavix, Coumadin, Warfarin, Effient, Xarelto, etc.
- Take any prescribed prophylactic antibiotic as directed for heart murmur, mitral valve prolapse or any prosthetic replacements.
- Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
- Please inform our office of any allergies to medications.
- Plan to rest at home the remainder of the day and the following day after your surgical appointment.
- Eat a light meal prior to your surgical appointment. Avoid heavy or greasy foods.
- Following surgery you should have cold liquids for the next 24 hours. Protein shakes, Ensure, ice cream, and yogurt are good choices.
- You will be able to drive yourself home after surgery, but you may wish to arrange for someone else to drive you home. If you wish to take an oral sedative, such as Valium or if your surgery is with IV sedation, you **MUST** have someone drive you home.
- On the evening before your surgery, go to bed early enough so you will be well rested on the day of your surgery. Brush your teeth thoroughly shortly before your appointment.
- Dress comfortably, avoid alcohol and too much coffee.
- Bring your iPod to help you relax during the procedure and enjoy your music