

GETTING READY FOR SURGERY

- **Schedule elective surgery when you're healthy.** A good immune system improves your chances of a speedy recovery. Call your primary care doctor to discuss your upcoming surgery if you are over 55 years old or have any medical conditions. Your doctor will decide if you need any tests before surgery and will notify us in writing that you are healthy to undergo the procedure. Some surgeries require tests before the procedure, regardless of your age.
- **Build a support structure.** Rely on your family and friends to help you. Ask them to bring healthy foods. Talk about your fears or worries with supportive friends.
- **Drink plenty of water.** It is important to drink at least 6-8 glasses of water each day and especially the day before surgery as you will not be able to drink much on the day of surgery.
- **Do not drink alcohol after surgery.** After your procedure, do not drink alcohol while you are still taking prescription pain medication. The combination of narcotic pain medications and alcohol can lead to serious consequences including death from respiratory arrest.
- **Do not smoke six weeks before and after surgery.** This cannot be stressed enough! Quitting smoking is essential for the best healing and fine scars. Smoking increases your risk of other complications as well. Do not use gums or patches that contain nicotine for the same period of time before and after surgery. Nicotine constricts the blood vessels which are supplying essential nutrients for the healing process.
- **Certain nutritional supplements can thin your blood.** These include vitamin E, fish oil, omega 3, herbal and homeopathic medications. Please stop these 10 days before the procedure
- **Certain vitamins and minerals promote healing.** They include bioflavonoid, Copper, Selenium, Zinc, and Vitamins A and C.

- **Do not drive, operate machinery or make important decisions** when taking narcotic pain medicine. They can make you sleepy and slow your reaction time.

MEDICATIONS TO AVOID BEFORE AND IMMEDIATELY AFTER SURGERY

- **Do not take aspirin, or non-steroidal anti-inflammatory medication (NSAID's), such as ibuprofen or naproxen, for two weeks prior to and 10 days after surgery. These medications are blood thinners and can cause excessive bleeding during surgery.** In addition, ensure that any over the counter sinus or cold remedy that you take during this time period does not contain these drugs. If you wish to take something for headaches or other minor discomfort, you may take acetaminophen-containing products such as Tylenol. **Please note that this is not a complete list.**
- **Estrogen-containing pills, injection, or patches including birth control pills thicken blood and increase the risk of clots in your legs and lungs.** Stop using estrogen four weeks before surgery if at all possible. They may be resumed after surgery once normal activity and walking has been resumed. Your primary care physician will advise you on alternative methods of contraception during this time.
- Stop diet pills **two weeks** before surgery. **Blood thinners/ Anticoagulants such as Coumadin or Plavix** will need to be stopped before surgery. This will be co-coordinated with the doctor who prescribed these medications.

Non-Steroidal Anti-Inflammatory Drugs (NSAID's)

Advil
Celebrex
Ketoprofen
Aleve
Mobic
Daypro

Lodine
Toradol
Anaprox
Diclofenac
Mobic
Relafen

Ansaid
Feldene
Motrin
Vicoprofen
Arthrotec
Ibuprofen

Naprosyn
Voltaren
Bextra
Indocin
Naproxen

Medications Containing Aspirin

Alka-Seltzer
Bufferin
Fiorinal

Anacin
Darvon Compound
Pepto-Bismol

Asprin
Ecotrin
Percodan

Bayer Arthritis
Excedrin

Estrogen Products

All oral contraceptives and hormone replacement therapy

Anticoagulants and Antithrombotics

Aggrenox
Halfprin
Persantine

Coumadin
Herapin
Plavix

Ecotrin
Lovenox
Ticlid

Fragmin
Orgaran

MAO Inhibitors

Nardil (Phenelzine)
Parnate (Tranylcypromine)

Herbal Medications and Supplements

Vitamin E (14 days before) Garlic Lovaz St. John's Wort	Valerian Multivitamins (containing Vit.E) Ginkgo Biloba Ginseng	Ma Huang Echinacea Saw Palmetto Kava	Fish Oil
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MEDICATIONS THAT MAY BE TAKEN PRIOR TO SURGERY

Acetaminophen (Tylenol) Duragesic Roxanol	Darvocet Fioricet MSIR Tylenol + Codein	Darvon Lorcet Oxycontin, oxycodone Vicodin (Hydrocodone)	Dilaudid Lortab Percocet
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NIGHT BEFORE AND MORNING OF SURGERY

- **Do not drink anything after midnight the night before your surgery**, unless your doctor tells you otherwise. This to prevent anesthetic complications and your procedure may be cancelled if it is not followed. No gum, candy, mints or coffee the morning of surgery.
- **Shower with regular soap and water the morning of surgery and the night before.** For facial procedures, wash your face and neck thoroughly with soap and water. Remove all makeup, especially mascara and eyeliner. This will diminish the chance of a wound infection.
- Do not use any creams, lotions or hair sprays on the morning of surgery.
- You may brush your teeth the morning of surgery but do not drink anything.

- Do not wear contact lenses to surgery. If you wear glasses, bring them with your eyeglass case.
- Wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button or zip-up top and pull on pants. You will want flat shoes that are easy to slip on.
- Do not bring any money or valuables. Do not wear any jewelry (no rings, earrings, chains, body piercings or watches).
- **You must have an adult drive you to and from surgery.** Please note that a private driver, cab or bus will not be allowed to take you home after surgery. When you arrive, be sure we know your driver's name, phone number and contact information. If you are not going home to recover, it is very important that we have your number and contact information where you will be after surgery.
- If you are staying overnight after surgery, you should also bring all your regularly prescribed medicines (heart, blood pressure, diabetes or thyroid pills) with you.