



Preoperative and Postoperative Care Instructions

General Pre-op Instructions

- Please DO NOT eat or drink anything after midnight the evening prior to your surgery. Eating or drinking after midnight will result in the CANCELLATION of your surgery! Exceptions include taking blood pressure, anticonvulsant, thyroid and cardiac medications, which may be taken with a sip of water the morning of surgery.
- NO diabetic medications the morning of surgery.
- It is requested that you avoid aspirin, aspirin containing products, ibuprofen or other anti-inflammatory medications for at least 7 days prior to your surgery. These drugs have a tendency to prolong bleeding and make the surgery and the healing that follows more difficult.
- If you are taking any “blood thinners” (i.e. Coumadin, Plavix, Pradaxa, etc.) please let us know well in advance of your surgery. DO NOT stop these meds on your own, but rather consult us, your PCP, or your cardiologist.
- If you drink alcohol, it requested that you discontinue use at least 4 days before your surgery. If this is a problem, please let us know.
- If you have a heart murmur, prosthetic heart valve, or other heart defect, or pre-medicate with antibiotics, please let us know.
- Please shower with antibacterial soap the night and morning before surgery. Hospital may provide special products for this purpose.
- If any shaving of the surgical area is required, it will be done in the operating room.
- You will need someone to assist you with your departure from the hospital.
- Please be reminded that any surgery has inherent risks. These include infection, bleeding, cosmetic deformities, anesthetic risks, and other unexpected complications including the loss of life in rare circumstances.

Please contact our office if you have any questions or concerns.

(251) 424-1620