



## Patient Instructions

### Prior to Surgery

- Fill your prescriptions.
- Have any tests completed and blood work drawn.
- Arrange for a person to stay with you post op for 24 hours.
- Arrange for a ride to and from the facility on the day of surgery.
- Two week prior to surgery stop Aspirin, NSAIDS (such as Ibuprofen, Advil, Motrin, etc), and ALL supplements/herbal products. These medications may contribute to excessive bleeding during surgery.

### Day of Surgery

- Please do not eat or drink anything (this includes water, candy or gum) eight (8) hours prior to your surgery
- You may brush your teeth and rinse, but do not swallow.
- You may take your usual morning prescription medications with a small sip of water.
- Please leave all valuables and all jewelry at home. Do remember to bring your insurance card and ID with you.
- You will want to wear loose, button up clothing to your surgery. It's okay to shower, but please do not wear any makeup, perfume or perfumed lotion.
- Please bring a responsible adult with you to drive and to stay with you for the first 24 hours. Recovery periods vary, and for that reason we do not give exact pickup time. We will keep your contact person/ride informed of your discharge status.
- If you wear glasses or contacts, please bring a case.