

PRE-OPERATIVE INSTRUCTIONS

IT IS VERY IMPORTANT THAT YOU READ AND FOLLOW THESE INSTRUCTIONS AS WELL AS READING THE ENTIRE PRE-OP PACKET CAREFULLY AS IT IS YOUR RESPONSIBILITY TO COMPLY WITH ALL PRE-REQUISITES TO AVOID CANCELLATION AND/OR POSTPONEMENT OF YOUR SURGERY. IF YOU ARE UNCLEAR ABOUT ANY OF THESE INSTRUCTIONS, PLEASE CONTACT THE OFFICE.

1. No **Aspirin** or Aspirin containing products (ex: Advil, Motrin, Aleve, Ibuprofen etc.) are to be taken 2 weeks prior and 2 weeks after your surgery. **If needed, you may take Tylenol as directed.**
2. Do not eat or drink anything (including water) after midnight on the day before your surgery. **If you take blood pressure medication you may take this medication with a very small sip of water the morning of the surgery.**
3. Avoid garlic, fish oil/omega 3, and Vitamin E for 2 weeks prior to surgery and 2 weeks after surgery as they can act as a blood thinner.
4. No alcohol consumption 48 hours prior to surgery.
5. You may shower the night before or the morning of the surgery. Please wear loose fitting clothing. Do not wear any jewelry, contact lenses or make-up the morning of the surgery.
6. If you take any blood thinners (ex: **Coumadin**) or any other medications, please contact your prescribing physician for special instructions.
7. Please ensure that you are adequately hydrated before your fasting period begins. Continue drinking water until 6 hours before your scheduled surgery time.

MAO INHIBITORS *(Patients must be off these drugs a minimum of 7 days prior to surgery)*

DEPRENYL
ELDEPRYL
EUTONYL
ISOCARBOXACID
MARPLAN
NARDIL

PARNATE
PARGYLINE
PHENELZINE
SELEGILINE
TRANLYCYROMINE

ST JOHNS WORT *(Patients are encouraged to stop this herb, but will not be cancelled if they continue)*

BLOOD THINNERS

ADVIL
AGGRENOLX (Persantine and Aspirin)
ALKA-SELTZER WITH ASPIRIN
ANAPROX
ASPIRIN
CLEOSTAZOL
CLOPIDOGREL
COUMADIN
DIPYRIDAMOLE
EMPIRIN
EXCEDRIN (There is a non aspirin formula)
FIORNAL (Note Fioricet contains acetaminophen)
IBUPROFEN
INDOCIN

INDOMETHACIN
KETOPROFEN
LOVENOX
MOTRIN

NAPROSEN
NAPROXEN
ORUDIS
PERCODAN (Note Percocet contains acetaminophen)
PERSANTINE
PLAVIX
PLETAL
RELAFEN
SOMA (contains aspirin)
TICLID
TICLOPIDINE
VITAMIN E (In excess of 400 I.U. Daily)
VITAMINS: All fat soluble (A, E, etc)
VITAMINS: Beta-carotene, "antioxidants" usually A&E
VITAMINS: Co Enzyme Q10 may contains A & E
VOLTAREN
WARFARIN

NOTE: CELEBREX AND VIOXX ARE BOTH ANTI INFLAMMATORY DRUGS THAT DO NOT AFFECT PT, PTT, PLATELET COUNTS OR PLATELET AGGREGATION

DIET MEDICATIONS *(Patients must be off these drugs for a minimum of 7 days prior to surgery)*

ADIPEX
DAPEX
DEXATRIM
DEXFENFLURAMINE
DEXTROSTAT
DEXTROAMPHETAMINE
FASTIN
FENFLURAMINE
FEN-PHEN
MERIDIA

OBESTIN
OBEMINE
OBE-NIX
OBEPHEN
PHENDIMETRAZINE
PHENTRIDE
PHENYPROPANOLAMINE
PHENTERAMINE
PONDIMIN
REDUX