PRE-OPERATIVE SURGICAL INSRUCTIONS

NOTE: <u>To prevent excessive bleeding, avoid taking the following medication prior to surgery.</u> If your doctor prescribed any of these, we will need to make special arrangements to prepare for your treatment.

Refrain from:

Aspirin – for at least <u>2 WEEKS</u>; Baby Aspirin – for at least <u>1 WEEK.</u>

Coumadin for at least <u>5 DAYS.</u>

Vitamin E 800mg – for at least <u>2 WEEKS.</u>

Ibuprofen – for at least <u>5 DAYS.</u>

Gingko Biloba – for at least <u>5 DAYS.</u>

Dr._____ will prescribe your surgical medications as needed.

NIGHT BEFORE SURGERY

1. Eat normally.
2. Get a good night's rest.

DAY OF SURGERY

1. Please wear comfortable clothing, for comfort and blood pressure purposes.
2. Please do not wear perfume or cologne, and we'd prefer women not to wear any make-up.
3. If your physician has advised you to take a pre-medication, or you are already on medications please be sure to take as advised, unless otherwise directed.
4. Arrange for someone to drive you to your appointment and home after surgery.
5. Vital signs will be taken at the time of your surgical appointment. Blood pressure, pulse, and breathing.
6. The intake of vitamins will help with the healing of the surgery. (<u>Vitamin C – 2,000mg, Vitamin E – 800iu, Vitamin B – Multi B Complex, Co Enzyme Q10 – 50mg, Zinc – take 1 tablet, Selenium – take 1 tablet.</u>) Start the day after surgery for two weeks.
7. Surgical post-operative examinations will be scheduled at the doctor's discretion:

    <u>14 days post-surgery</u> – dressing and/or suture removal and proper home care instructions.
    <u>2 month post-surgery</u> – examining for proper healing.

    <u>4-6 months post surgery</u> – examining the surgical site and possible radiograph may be taken if needed.
8. Post-surgery, patients will need to have a softer diet for approximately a two-week period. Suggested diet options are included in these instructions. PLEASE DO NOT USE STRAWS POST-OPERATIVELY.
9. Special Instructions:--