

Before Your Surgery

- Avoid aspirin, ibuprofen (Motrin or Advil), naproxen (Aleve, Anaprox, Naprosyn) or any anti-inflammatory medications at least a week before your surgery. If you are taking Plavix, Coumadin, Warfarin, Lovenox, Heparin or any other blood thinners please follow your surgeon's directions about when to stop them. If you have not stopped these medications, notify your surgeon.
- You should not eat any heavy or fatty foods after midnight before surgery. If your case starts in the afternoon, you can have light carbohydrate food until 6 hours before surgery. You can have non-dairy clear liquids until 4 hours before surgery. No creamers or pulpy fruit juice. You should not have anything by mouth within 4 hours of surgery except for required medicines with a small sip of water. No gum, candy or breath mints. Any food in the stomach at the time of surgery can increase the risk of aspiration, pneumonia and even death.
- If you regularly take blood pressure medication in the morning, continue to take this in the morning with a small sip of water.
- Do not take any diabetic medications or use insulin the AM of surgery unless instructed by the anesthesiologist.
- Refrain from smoking after the midnight before surgery.
- Your time of arrival the day of surgery will be given to you at the time of your pre-op visit or pre-op phone call. In general you will be asked to arrive 1-1 ½ hours before you surgery starts, depending on the type of surgery you are having.
- Please **do not bring any cash or valuables** with you unless told by the business office to bring payment for co-insurance. Please **leave all jewelry at home**. You need to bring your driver's license, medical and pharmacy cards.
- Bring your hearing aids, glasses, glass case and denture case. Wear glasses instead of contact lenses.
- If you are having surgery that requires crutches, podiatry shoe or an ice machine and you have had this delivered to your home or you have used one in the past, please bring with you to the surgery center.
- If you are having shoulder surgery please bring a cotton t-shirt with short sleeves. (You will need to wear this under the ice machine.)
- Wear flat comfortable shoes and loose clothes.
- Do not apply skin lotions, oils or perfumes to your skin before surgery.
- Bring a list of your current medications and dosages with you.
- Please be prepared to show documentation for Advance Health Care Directives or Power of Attorney if this is applicable to you.
- Arrange for a responsible adult to drive you home. If you have had any sedation, you are not permitted to drive for 24 hours after surgery. A taxi or limousine is not acceptable **unless** accompanied by a responsible adult. Failure to make these arrangements could cause your surgery to be cancelled.