

## Pre-Operative Surgery Instructions

- Please obtain a medical clearance within 45 days of surgery. If you do not have a healthcare provider to clear you, we can recommend one for you.
- Please confirm that your pre-operative labs, EKG and medical clearance have been faxed and received by our office at least 7 days prior to surgery.
- If you are on weight loss injections such as GLP-1, you will need to suspend this two weeks prior to surgery as it can interfere with anesthesia.
- Please stop all medications that can affect bleeding. If you are on blood thinners such as Aspirin, Eliquis, Pradaxa, Plavix, Warfarin, etc. you will need permission to discontinue this in accordance with your healthcare physician. Do not take any pain relievers aside from Tylenol and refrain from all NSAIDS such as motrin, aleve, ibuprofen, naproxen etc. Over the counter vitamins should also be stopped (Vitamin E, Omega 3, Gingko Bilboa, etc.). **Please see attached handout of unsafe medications to take prior to surgery.**
- If you are having surgery at the surgery center, they will call you the Friday before surgery with your start time.
- If you are a smoker, please stop smoking for two weeks prior to surgery. Smoking can delay wound healing.
- All prescriptions will be sent to your pharmacy beforehand, please bring them with you on the day of surgery.
- You will need to rest for several days after surgery. Make necessary adjustments to your work schedule as well as any arrangements for childcare and household chores.
- If you wear contact lenses, you will need your glasses for after surgery.
- If you take any medicated eyedrops, you can continue this throughout recovery.
- Recommended items for after surgery:
  - Dark Sunglasses
  - Dark pillowcase
  - Ice, frozen peas or equivalent.
  - Gauze for cleansing
  - Q-tips for ointment placement
  - Gentle facewash such (ie: CeraVe or Cetaphil)
  - Extra-Strength Tylenol
- 5 Days Prior to Surgery:
  - There is some evidence to suggest that BROMELAIN can help swelling and ARNICA MONTANA can help bruising. These can be found at your local Whole Foods or naturopathic store. While not required, it may help recovery. Follow instructions on the bottle, start 5 days before surgery and continue for 10 days after surgery.
- Day of surgery:
  - Please arrive with clean hair, no make-up and in comfortable clothing.
  - You will need someone to drive you home if you will be having any oral or IV sedation.

I have received, read, and understand these instructions. I have been given a copy for reference.