

**PRE-OPERATIVE PREPARATIONS FOR SAFER SURGERY**  
**PLEASE READ THE FOLLOWING CAREFULLY**

1. Please have somebody drive you to the surgery center. The surgery center requires that you have your family member or a friend with you when they discharge you, to drive you back home. You will not be allowed to take a cab or drive on your own.

2. Have your pre-operative tests done at least 10 days prior to your surgery date. Do not eat or drink for 12 hours before your blood is drawn.

3. NO ASPIRIN or Aspirin products for one week (7 days) prior to surgery.

Alka- Seltzer	Anacin	Bufferin
Darvon with ASA	Empirin	Equagesic
Talwin	Excedrin	Lortab ASA
Norgesic	Percodan	Propoxyphene
Soma	Fiorinal	Vanquish

4 way cold tablets

Also stop taking anti-inflammatory medications such as Motrin and Celebrex.

4. If you are a heavy smoker, decrease cigarettes to three per day for seven days prior to surgery. If you are a light smoker, no smoking for seven days prior to surgery. These precautions will help reduce the risk of pneumonia and infection.

5. If you are on birth control pills and scheduled for surgery, plan to use other type of birth control until your surgery date. Researchers have found that birth control pills raise blood levels of a compound that increases the risk of developing blood clots. It takes approximately four weeks for levels to return to near normal.

6. Inform our office about any other health problems you have and medications that you take. Surgery may be cancelled if it is a drug that could interfere.

7. If you are having general anesthesia, remove your nail polish or artificial fingernails. Some doctors prefer to check the color of your nail beds to monitor oxygen levels. **IMPORTANT: DO NOT EAT OR DRINK ANYTHING FOR 12 HOURS PRIOR TO YOUR SURGERY TIME.**

8. When you go to the surgery center, take only essential personal articles. Please leave all your valuables at home.

If you have any questions or concerns, our office staff is available during business hours to answer your questions.