

PRE-SURGICAL PREPARATION

1. Discontinue aspirin and any medication containing aspirin for one week prior to your surgical appointment, unless instructed by your physician not to discontinue this medication.
2. Discontinue Advil or any other non-steroidal, anti-inflammatory medication one week prior to your surgical appointment. You may substitute Tylenol or Celebrex for these medications.
3. Discontinue Vitamin E one week prior to your surgical appointment.
4. Inform this office if you are taking any other anticoagulant medication, e.g., Plavix, Coumadin, etc.
5. Take any prescribed antibiotic as directed for heart murmur or mitral valve prolapse.
6. Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
7. Please inform this office of all allergies to medication.
8. Plan to rest at home the remainder of the day and the following day after your surgical appointment.
9. Eat a light meal prior to your surgical appointment. Avoid heavy or greasy foods.
***IV sedation patients should not eat or drink after midnight the night before surgery.**
10. Remove earrings and necklaces, and wear comfortable clothing and footwear to your surgical appointment.
11. Following surgery, you should have liquids or very soft foods for your next 24 hours. Protein shakes, Ensure, ice cream, and yogurt are good choices.
12. If you have elected oral or IV sedation, someone will need to drive you to and from your surgical appointment.
13. If you received your Steroid Dose-Pak prior to surgery, please begin taking as prescribed the day before surgery.