

## PREOPERATIVE PATIENT INSTRUCTIONS

### MEDICATIONS

**METFORMIN:** STOP 24HRS PRIOR TO SURGERY

**DIET PILLS (PHENTERMINE):** STOP 14 DAYS PRIOR TO SURGERY

**TRAMADOL:** STOP THE DAY PRIOR TO SURGERY

**XARELTO & ELIQUIS:** STOP 48 HOURS PRIOR TO SURGERY

**PRADAXA:** STOP 72 HOURS PRIOR TO SURGERY

**WARFARIN/COUMADIN:** CONSULT YOUR ANTICOAG CLINIC

**PLAVIX:** STOP 5 DAYS PRIOR TO SURGERY

**AGGRENOX:** STOP 10 DAYS PRIOR TO SURGERY

**ANTI-INFLAMMATORIES (NSAIDS):** STOP 10 DAYS PRIOR TO SURGERY (i.e. ADVIL, ALEVE, MOTRIN, IBUPROFEN)

**ASPIRIN AND ASPIRIN CONTAINING PRODUCTS:** STOP 10 DAYS PRIOR TO SURGERY (i.e. Baby aspirin, Excedrin)

**VITAMINS & HERBAL SUPPLEMENTS:** STOP 14 DAYS PRIOR TO SURGERY (i.e. GINSENG, GINGER, ECHINACEA, EPHEDRA, GARLIC, GINKO, KAVA, ST.JOHNS WORT, VALERIAN, VITAMIN E and FISH OIL)

- It is **OK** to take Tylenol up to the date of your surgery.
- Please take routine medications with a sip of water the morning of your surgery, unless instructed otherwise.
- Tell your Surgeon and Surgery Scheduler if you are taking Plavix, Coumadin or any blood thinner or platelet inhibitor.

**\*LAP BAND NEEDS TO BE DEFLATED PRIOR TO SURGERY OR 24 HOUR CLEAR LIQUID DIET PRIOR TO SURGERY\***

### FOOD AND LIQUIDS

- Do **NOT** eat or drink anything (to include gum, candy, cough drops or breath mints) after 12:00 midnight the night before your surgery.  
*\*Eating or drinking after midnight could necessitate delaying or cancelling your surgery\**
- Do **NOT** smoke or chew tobacco on the day of your surgery.

### COSMETIC INSTRUCTIONS

- Due to the possibility of increased infection risk, removal of all acrylic nails and nail polish prior to your surgery is highly recommended. Should you choose to keep your acrylic nails on, colored nail polish should be removed.
- All jewelry (to include your wedding ring and all body piercings) needs to be removed prior to surgery. It is best to leave your jewelry at home the day of surgery.
- Shower the night before surgery with an Antibacterial soap like Dial.
- If hand surgery, meticulously wash and clean your hands and fingernails the night before surgery.
- If foot surgery, meticulously wash and clean your feet and toenails the night before surgery.

**\*\*\*PLEASE BE AWARE THAT YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME AFTER SURGERY. YOU WILL HAVE TO HAVE SOMEONE, 18+ YEARS, TO DRIVE YOU HOME. FAILURE TO DO SO WOULD RESULT IN CANCELLATION OF SURGERY. PLEASE MAKE TRANSPORTATION ARRANGEMENTS PRIOR TO SURGERY\*\*\***

**PLEASE BE AVAILABLE AT THE PHONE NUMBER GIVEN TO US ON THE DAY OF YOUR SURGERY. THERE CAN BE AN OCCURRENCE IN WHICH WE MAY CONTACT YOU TO COME IN EARLIER OR LATER DEPENDING ON THE SURGERY SCHEDULE THAT DAY.**

**IF YOU NEED TO CANCEL SURGERY THE MORNING OF, PLEASE CONTACT CAPITAL MEDICAL CENTER AT 360-754-5858.**