

PREOPERATIVE PATIENT INSTRUCTIONS

MEDICATIONS

METFORMIN: HOLD FOR 24 HOUR PRIOR TO SURGERY **TRAMADOL:** STOP THE DAY PRIOR TO SURGERY

XARELTO & ELIQUIS: HOLD 48 HOURS TO SURGERY **PRADAXA:** HOLD FOR 72 HOURS PRIOR TO SURGERY

PLAVIX: HOLD FOR 5 DAYS PRIOR TO SURGERY **AGGRENOX:** HOLD FOR 10 DAYS PRIOR TO SURGERY

WARFARIN/COUMADIN: REFER TO YOUR ANIT-COAGULATION CLINIC OR PRESCRIBING PROVIDER

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

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

- Tell your Surgeon and Surgery Scheduler if you are taking Plavix, Coumadin or any blood thinner or platelet inhibitor. Your prescribing physician will need to provide a clearance/release for you to stop your medications.

DIET PILLS (PHENTERMINE): HOLD FOR 2 WEEKS PRIOR TO SURGERY

VITAMINS & HERBAL SUPPLEMENTS: HOLD FOR 2 WEEKS 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.

METAL ALLERGIES? If so, please inform the surgery scheduler

LAP BAND NEEDS TO BE DEFLATED PRIOR TO SURGERY OR CLEAR LIQUID DIET FOR 24 HOURS BEFORE 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.
- 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.