



Preoperative Patient Instructions

Medications:

- Tell your surgeon's Surgery Scheduler if you are taking any **blood thinners or platelet inhibitors** such as PLAVIX, COUMADIN, XARELTO, or ELIQUIS. Clearance will be needed to proceed with surgery.
 - Do **NOT** take **Advil, Aleve, Motrin, Ibuprofen, Naproxen, or any prescription anti-inflammatory medications 7 days** prior to surgery for the following surgeries: Spine surgery, Total Joint replacement, Sports Medicine (Dr. Christ and Dr. Massini). For all other surgeries, may continue NSAIDs. *Exceptions:*
 - Dr. McKay: hold all NSAIDs for 4 weeks.
 - Pain Procedures: hold NSAIDs as directed by Pain Medicine team (Dr. Taylor, Dr. Park and Dr. Hunter).
- Do **NOT** take **Aspirin 10 days** prior to your surgery; however, your surgeon may request you continue taking it for cardiac related health history.
- Do **NOT** take any herbal supplements **14 days** prior to your surgery, such as Ginseng, ginger, Echinacea, Ephedra, Garlic, Ginko, Kava St. John's Wort, Valerian, Fish Oil.

Foods and Liquids:

- Do **NOT** drink anything, including water, or eat **food, gum, mints, hard candy, lozenges, or chewing tobacco** after 12:00 midnight.
- Do **NOT** smoke/vape tobacco, marijuana or products of any kind on the day of surgery.

Cosmetic Instructions:

- Please remove **acrylic/ gel nails and/ or nail polish** prior to your surgery.
- **Shower** the night before your surgery with an antibacterial soap such as Dial. No lotions, perfumes, shaving, especially around your surgical site, for at least 2 days.
- **Please leave All Jewelry** at home (including **wedding rings** and **all body piercings**).

Reminders:

- **Patients will NOT be allowed to drive after surgery. Please arrange a responsible adult driver. Your responsible adult will need to be available and remain close to the facility.**
- **Patients will be required to have a responsible adult who can monitor them for at least 24 hours after surgery.**
- **Please leave children and pets at home.**