

PRE-SURGICAL INSTRUCTIONS

1. Discontinue aspirin and any medications containing aspirin for two weeks 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 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. If possible pick-up your prescriptions before your surgical appointment. You may start the prescribed antibiotic the morning of your procedure. All other medications are for after your procedure.
7. Eat a light meal prior to surgical appointment. Avoid heavy or greasy foods. If possible, wear comfortable clothing and footwear.
8. Plan to rest at home the remainder of the day.
9. Following surgery you should have cold liquids for your next three meals. Protein shakes, Ensure, ice cream, and yogurt are good choices.
10. Unless we prescribe a sedative you will be able to drive yourself home after surgery, but you may wish to arrange for someone else to drive you home.