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**PRE-OPERATIVE INSTRUCTIONS**

**Pre-Op Check List**

- Fill narcotic prescription immediately when given to you (or it will expire); do not take narcotics pre-operatively! It is for you to use post-operatively.
- Pre-operative evaluation with your medical doctor (internist) to clear you for surgery.
- Pre-operative blood tests, EKG and Chest X-ray (all need to be done within 30 days of your surgery).
- Discontinue all aspirin products at least 7 days prior to surgery.
- The Hospital Pre-Op Staff will notify you of your arrival time the afternoon before surgery. If you are not contacted by 3:30pm the day before surgery, please call our office for final instructions.
- Bring your sling and cryotherapy with you to the hospital on day of surgery if already provided.
- Under no circumstances should you write anything on your operative site – this will be done by me in the pre-op holding area on the day of surgery

**Please read these instructions carefully. They are designed to maximize your safety and prevent possible complications related to you surgery.**

1. **Medications**: If you take anti-inflammatories, such as Aspirin, Ibuprofen, Aleve, Advil or any other Non-Steroidal Anti-Inflammatory (NSAID) STOP these 7 days prior to surgery to minimize bleeding. If you take other blood thinners such as Coumadin, Plavix, or Pradaxa, contact your primary doctor for instructions as these will need to be stopped as well prior to surgery. You MAY CONTINUE blood pressure medication and other regular medication such as cholesterol and thyroid pills. If you are a diabetic and take medication including insulin, contact your regular doctor for instructions.
2. **Diet**: DO NOT eat or drink anything, including water, coffee, tea, mints or gum, after midnight prior to surgery. You may take your blood pressure medication with a small sip of water the morning of surgery.

3. **Time/Schedule**: You will be instructed by the hospital or surgery center when to arrive, usually two hours prior to your surgery start time.
4. **Driving**: You MAY NOT drive yourself home after surgery. Arrange to have an adult over 18 years old available to drive you home.