
PREOPERATIVE GUIDELINES

ANESTHESIA/ SEDATION PROCEDURES

TWO WEEKS BEFORE SURGERY

Discontinue taking aspirin, Advil, Nuprin, Aleve, Motrin or any drugs containing aspirin for at least 14 days before your surgery. All Herbal supplements, diet drugs or supplements, extra vitamin E, or any other oil supplements should be discontinued. These medications interfere with normal blood clotting. Tylenol can be used if necessary. **You may continue to take a multivitamin and 2000mg Vitamin C daily. Please refer to the list of medications to avoid on page 2.**

Refrain from drinking alcoholic beverages for at least 10 days prior to your surgery. Alcohol acts as a blood thinner, making it difficult to control bleeding during surgery.

Do not smoke. Nicotine acts as a vasoconstrictor (reduces blood supply, and slows healing). Smokers have a greater risk of skin or flap loss and wound healing complications. Second hand smoke can also delay wound healing, and increase the risk of wound healing. Smoking and second hand smoking can adversely affect the quality and character of the final scar.

Avoid sunbathing to the planned surgical area 1 week before surgery. Sunburn increases bleeding at the time of surgery, as well as during the healing phase after surgery.

Wash surgical site twice a day with an antibacterial soap for 48 hours before surgery.

THE DAY BEFORE SURGERY

For procedures requiring anesthesia by an anesthesiologist, maintain a low residue diet the day before surgery (avoid heavy, starchy meals). This tends to cause nausea after surgery. **Do not eat or drink anything after midnight the night before your surgery. Your surgery will be cancelled if you do not comply with these instructions.**

THE DAY OF SURGERY

For procedures requiring Anesthesia by an anesthesiologist, bring a responsible person to drive or make other arrangements for transportation. The hospital will not allow a patient to drive or leave the hospital after he or she has received anesthesia or sedation.

Arrange for someone to stay with the patient on the first night at home.

Remove all makeup, nail polish, hairspray or mousse etc, before coming to the hospital if surgery is to be performed on the head, neck or face.

Be sure to bring your Consent Forms, anti-nausea medication (if prescribed) and any garment with you!

MEDICATIONS TO AVOID PRIOR TO SURGERY

Anticoagulants and Antiplatelet Agents, such as COUMADIN, WARAFIN, DIPYRIDAMOLE OR PERSANTINE, HEPARIN, LOVENOX, TICLOPIDINE (TICLID), TRENTAL, PLAVIX, PRADAXA AND PLETAL, **MAY NEED TO BE STOPPED AS DIRECTED BY YOUR ORDERING PHYSICIAN A FEW DAYS PRIOR TO YOUR SURGERY.**

- MANY OVER THE COUNTER DRUGS CONTAIN ASPIRIN AND/OR IBUPROFEN. CHECK THE DRUG LABEL FOR THIS INFORMATION
- INFORM YOUR DOCTOR OR NURSE OF ALL PRESCRIPTION DRUGS YOU ARE TAKING.
- IF YOU HAVE ANY QUESTIONS ASK YOUR DOCTOR OR PHARMACIST

The following drugs and supplements either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for 7 DAYS prior to minor surgery or 14 DAYS prior to major surgery. If you need to take something for relief of minor pain you may take Tylenol.

A.S.A./A.S. Enseals	Ecotrin	Pamelor
Actron	Empirin with codeine	Pamprin
Acuprin	Endep	Parnate
Advil	Equagesic Tablets	Pediaprofen
Aggrenox	Etrafon	Pepto-Bismol
Aleve	Excedrin	Percodan
Alka-Zeltzer	Endodan	Propoxyphene Compound 65
Alka-Zeltzer Plus	Fiorinal	Phenylbutazone
Amitriptyline	Fish Oil (all brands)	Ponstel
Anacin	Fiortal with codeine	Phentermine
Anaprox	Ginko Biloba	Pradaxa
Ansaid	Glucosamine Chondroitin	Q-profen
Argesic-SA	Goody's	Red Yeast Rice
Arthritis Pain Formula	Halfprin	Relafen
Arthritis Strength Bufferin	Helidac Therapy	Rivaroxaban
Arthropan Liquid	Ibuprofen	Robaxisal
Ascriptin (all formulas)	Indomethacin Lanorinal	Rufen
Aspergum	Indocin	Roxiprin
Aspirin (all brands)	Kaopectate	Salflex
Atromid	Krill Oil	Salsalate
Bayer Aspirin	Lobac	Salocol
BC Powder	Lodine	Sine Aid/Off/Sinutab
Buff-A Comp	Lortab ASA	"Statin Drugs"
Bufferin	Lovaza	SK-65 Compound
Buffets II	Maalox	St. John's Wort
Buffinol	Magsal	St. Joseph's Cold Tab
Buff-Tabs	Mediprim	Soma Compound
Butazolidin	Meclomen	Sulindac
Cama Arthritis Pain Reliever	Methcarbamol with Aspirin	Synalgos
Carisoprodol Backache Formula	Midol	Talwin
Cataflan	Mobigesic	Tolectin
Clinoril	Momentum Muscular	Tolmetin
Cope Tablets	Mobic	Toradol
Compound Bufferin (all formulas)	Motrin	Triaminicin
Cramp End	Monogesic	Triavil
Dabigatran	Nalfon	Trigesic
Damason P	Naprosyn	Trilisate Tablets/Liquid
Daypro	Naproxen	Vanquish
Diclofenac	Norgesic/Norgesic Forte	Vicoprofen
Disalcid	Nuprin	Vitamin E
Doan's	Omega-3 Fish Oil	Voltaren
Dolobid	Omacor	YSP
Dristan	Oruvail	Zoprin
Easprin	Orudis	