



## PREOPERATIVE INSTRUCTIONS & CHECKLIST

- Please do **not** take any aspirin, aspirin containing products or Ibuprofen (Advil, Motrin) 7 days prior to your surgery (these products increase the bleeding during the procedure). If you have been placed on these products on the recommendation of your doctor please contact him/her prior to you discontinuing the medicine for their approval. **VERY IMPORTANT:** If you take aspirin because you have had a stroke or heart attack, please continue your aspirin.
- If you are on Coumadin notify our office so that an INR may be obtained prior to surgery.
- Certain herbal medications can increase your risk for bleeding during surgery. Please stop taking garlic, ginkgo, ginseng, ginger, fish oil and Vitamin E at least 72 hours prior to your surgery.
- Please notify us if preoperative antibiotics are needed due to artificial joints/valves.
- If you need pain medication you may take Tylenol.
- We recommend no alcohol 24 hours prior to surgery.
- If you smoke your surgery site will heal better if you discontinue smoking for 48 hours prior to the procedure and during the recovery period.
- You do not have to fast prior to surgery. Please enjoy a normal breakfast or lunch before coming to the office.
- Notify our medical staff if you have a pacemaker or intracardiac defibrillator.
- Please bring no more than two people with you to your procedure. Our waiting room cannot accommodate excess visitors. Friends and family members will wait during the surgery in our waiting room unless the patient is a minor who may be accompanied by a parent or guardian.
- Arrive 15 minutes **prior** to your scheduled surgery time.
- Please give 48 hours notice if you need to reschedule your surgery.
- You may bring a sweater to be worn in the waiting rooms because the temperature in our office is very cool.
- You may bring a music player such as a cellphone with earphones to listen to during your procedure.
- Check your medications and bring a list of all medications you are currently taking. If you are unsure of a medication, please call our nursing staff at 662-328-3375.
- Report any changes in your health including fever to our medical staff prior to your procedure. You will receive postoperative instructions before you leave our office.