



PRE-OP INSTRUCTIONS

Medications

- Do not take Aspirin, Motrin, Ibuprofen, Aleve, Naproxen, Vitamin E, or Herbal Medications (fish oil, St John's wort) ONE WEEK prior to surgery
- You may continue to take Tylenol
- If you take any blood thinners like Plavix, Coumadin, Eliquis, contact your primary care physician to discuss stopping this medication temporarily for surgery
- Take blood pressure, reflux, anxiety, seizure medications, and inhalers as prescribed with a small sip of water

Try to stop smoking 2 weeks prior to surgery

Do not eat or drink anything after midnight prior to surgery

What to Wear

- Wear comfortable clothing. You will change into a hospital gown prior to surgery
- Do not wear jewelry, contact lenses, or makeup
- Remove all body piercings

Who should you bring with you?

- A responsible adult must bring you to and from surgery. A taxi, car service or a bus is not permitted
- You must have someone stay overnight with you after surgery

If you have questions before surgery call your physician's office at 314-843-3828

