

# PREOPERATIVE INSTRUCTIONS

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

Today's Date: \_\_\_/\_\_\_/\_\_\_

1. Eat a light meal at least 1 hour prior to your scheduled surgery appointment.
2. Take your regularly prescribed medications, although aspirin regimens taken for preventative measures only should not be taken for at least 12 days prior to surgery. Patients on a physician-ordered aspirin treatment regimen DO NOT need to stop taking the medication prior to surgery. Additionally, patients taking Coumadin or Warfarin do not need to stop medication prior to surgery. Patients taking Ginkgo, Garlic or Fish Oil supplements should stop use 2 weeks prior to surgery as these medications may increase the risk of bleeding. Please check all medicine labels. If you are unsure, call for instructions. Advise your physician of any over-the-counter medications that you regularly take.
3. Tell us if you need to be premedicated with antibiotics. You will be provided a prescription. Be sure to take the medication as instructed. This is especially important for patients that must take antibiotics prior to surgical procedures. If you are allergic to any medications or have any sensitivities, please notify us immediately.
4. We recommend a shower the evening or morning before surgery and freshly-laundered clothes to help reduce the chance of getting an infection. Wear comfortable, loose fitting clothing.
5. Do not apply makeup, cream or shaving lotion, etc., to the affected area.
6. A container for contact lens or dentures should be brought.
7. Realize that you may be in our office for an extended period of time on your surgery day, so avoid any after-surgery appointments.
8. Call our office if you get sick between now and the time of your surgery.
9. Bring a companion. On the day of surgery, we suggest patients be accompanied by a family member or friend. Medicated patients will not be allowed to drive themselves home. All patients must be escorted when leaving this office after surgery. If we need to call for your ride after the procedure, bring the name and phone numbers with you when you come and give that information to the receptionist.
10. Call our office at 828.631.1852 if you have any questions.

Provided to patient by: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_