

PRE-OPERATIVE GUIDELINES

- 1 STOP SMOKING AT LEAST 1 MONTH PRIOR TO SURGERY...**
and at least 2 weeks AFTER surgery because smoking will interfere with healing and can lead to various post-op complications.
- 2 DISCONTINUE MEDICATIONS CONTAINING...**
aspirin, ibuprofen, blood-thinners, Vitamin E, and ALL herbal supplements at least 1 week prior to and 1 week after surgery. These medications can cause prolonged bleeding. TYLENOL is safe to take just before and after surgery, if needed.
- 3 FILL YOUR PRESCRIPTIONS BEFORE...**
your day of surgery and keep them at your bedside at home along with a notepad to help keep track of the medications you have taken. Expect some forgetfulness up to 36 hours post-op and during narcotic use. Also, have food in your stomach before you take your medications to minimize any nausea. DO NOT drive or drink alcohol when taking narcotic pain medication.
- 4 IF YOU ARE PRONE TO NAUSEA OR MOTION SICKNESS...**
let your physician know. Routine anti-nausea medications will be given through your IV in the O.R. to prevent nausea as well as antibiotics, steroids for swelling, and pain medications before you wake up from surgery. If necessary, medications can also be prescribed to prevent nausea at home.
- 5 CONSTIPATION IS NORMAL FOLLOWING SURGERY...**
General anesthesia slows down the GI tract and narcotic pain medication increases the likelihood of constipation. It is okay to take a stool softener (such as over-the-counter Colace) or fiber bulkers (such as Metamucil or Fibercon) following surgery. Drink lots of water and be sure to eat a well balanced diet including fruits and vegetables the days before and after surgery.
- 6 WOMEN MAY EXPERIENCE A CHANGE IN THEIR FIRST MENSTRUAL CYCLE...**
following surgery. It may be lighter and shorter. Menstrual irregularity usually lasts just one cycle.
- 7 DO NOT EAT OR DRINK ANYTHING 8 HOURS PRIOR TO YOUR SCHEDULED SURGERY TIME...**
You may have clear liquids (black coffee or tea, 7-up, Gatorade, apple juice or water) up to 4 hours before surgery. The only other exception is that you may take your blood pressure and/or heart medications as directed.
- 8 ARRANGE FOR A RESPONSIBLE ADULT TO TAKE YOU HOME AND STAY WITH YOU FOR 24 HOURS...**
after surgery. Although everyone heals differently and has varied pain thresholds, expect some soreness, fatigue, mood swings and some fogginess for a minimum of 1 week post-op. Swelling and bruising typically peak at day 4-5 post-op during the normal healing process. Arrange child care if possible, and plan to be off work until you are feeling better and your doctor says it is safe to resume your activities.
- 9 PLEASE HAVE ANY NECESSARY PRE-OP BLOOD TESTS OR EKG RESULTS FAXED...**
to our office at 303-790-7322 ASAP. We should receive your test results at least 1-2 days before surgery.
- 10 PLEASE CALL IF YOU HAVE ANY QUESTIONS...**
We are all here to make your surgical experience as comfortable as possible.