



Patient Name: _____

Operative Instructions – General

The following instructions should be followed closely except when overruled by specific procedural instructions.

2 Weeks Prior to Surgery

1. NO ASPIRIN or medicines that contain aspirin* since it interferes with normal blood clotting.
2. NO IBUPROFEN or medicines contain ibuprofen* as it interferes with blood clotting.
3. Please DISCONTINUE ALL HERBAL MEDICATIONS AND/OR TEAS* as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
4. Please DISCONTINUE ALL DIET PILLS whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
5. NO "MEGADOSES" OF VITAMIN E, but a multiple vitamin that contains E is just fine.
6. NO SMOKING because nicotine reduces blood flow to the skin and can cause significant complications during healing.
7. You may take Tylenol or generic forms of this drug. These do not interfere with blood clotting or healing.
8. Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be.

(* See Medications to Avoid for a detailed list.)

One Week Prior to Surgery

9. DO NOT take or drink any alcohol or drugs for one week prior to surgery and one week after surgery as these can interfere with anesthesia and affect blood clotting.
10. If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least the week before surgery.
11. DO report any signs of cold, infection, boils, or pustules appearing before surgery.
12. DO NOT take any cough or cold medications without permission.
13. DO arrange for a responsible adult to spend the first 24 hours with you and to drive you to and from the hospital on the day of surgery, since YOU WILL NOT BE ALLOWED TO LEAVE ON YOUR OWN. THE HOSPITAL WILL NOT DISCHARGE YOU, YOU WILL HAVE TO STAY IN THE HOSPITAL OVERNIGHT AND YOU WILL BE BILLED FOR ONE FULL DAY BY THE HOSPITAL.



Patient Name: _____

Night Before Surgery & Morning of Surgery

14. DO NOT eat or drink anything (not even water, gum, candy, mints) after midnight the night before your surgery. Do not sneak anything as this may endanger you, and your surgery WILL BE CANCEL.
15. If you are on regular medications, please clear with Dr. Alexander or the Anesthesiologist on how to take your medications on the day of surgery.
16. DO take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
17. DO NOT apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
18. You may brush your teeth the morning of surgery but do not swallow the water.
19. DO NOT wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
20. DO WEAR COMFORTABLE, LOOSE-FITTING CLOTHES THAT DO NOT HAVE TO BE PUT ON OVER YOUR HEAD. THE BEST THING TO WEAR IS A BUTTON-UP TOP, PULL ON PANTS AND SOCKS. YOU WILL WANT EASY-TO-SLIP-ON FLAT SHOES.
21. DO NOT bring any valuables or wear any jewelry (no wedding rings or any other type or rings, no earrings, chains, toe rings, no piercings or watches). We will have you remove your jewelry if worn.
22. You must have an adult drive for you – to and from the hospital. Please note that a cab or bus driver will not be allowed to take you home after surgery. If after surgery you do not have a responsible adult to drive you home and take care of you for the first 24 hours, THE HOSPITAL WILL NOT DISCHARGE YOU, YOU WILL HAVE TO STAY IN THE HOSPITAL OVERNIGHT AND YOU WILL BE BILLED FOR ONE FULL DAY BY THE HOSPITAL.
23. On arrival to the hospital, be sure to provide your caretaker's name, phone numbers, and how the recovery nurse will be able to reach them.
24. If you are not recovering at home, it is very important that we have the number where you will be after surgery. If you are staying in a hotel, we would need the phone number and your room number

Date: _____

PATIENT NAME: _____

PATIENT SIGNATURE: _____