



Preparing For Your Surgery

TWO WEEKS PRIOR TO SURGERY:

If you smoke, stopping or reducing the number of cigarettes per day can help make the anesthesia safer and easier to recover from. Also, healing after surgery may also be improved if you can cut down or eliminate this habit.

ONE WEEK PRIOR TO SURGERY:

Stop taking all anti-inflammatories, including, but not limited to Celebrex, Vioxx, Naprosyn, Aspirin, Motrin, Advil, Ibuprofen. Please refer to [Medications to stop prior to surgery](#).

Call your insurance company to make sure that you do not need a second opinion, to check benefits and to pre-authorize your surgery, etc.

Please arrange for someone to drive you home after your surgery and to stay one night with you when you return home.

THE NIGHT PRIOR TO SURGERY:

Do not eat or drink anything after midnight, including water and gum.

If there is a change in your physical condition prior to surgery, such as a cold or fever, please contact our office.

MORNING OF SURGERY:

Take routine medications with a small sip of water, especially medications to control high blood pressure. However, do not take any medication to control your sugar level if you are diabetic. Please bring all your medications with you in their original containers.

Arrive at the hospital two hours prior to your surgery unless told otherwise

Contact lenses, dentures, jewelry, and other valuables are not allowed in the operating room. Please bring appropriate containers for them or leave them at home if possible.

If you have crutches or a brace, bring them with you; otherwise all supplies you need for post-operative care will be issued to you at the time of discharge including crutches and walkers.

If you are staying in the hospital, we recommend that you bring minimal personal belongings

Do not bring any valuables.

IN THE ADMISSION AREA YOU WILL:

Change into a surgical gown.

Be interviewed by a registered nurse.

Be interviewed by an anesthesiologist.

Talk with your surgeon. Any final questions can be clarified.

AFTER SURGERY:

You will be in the recovery room for approximately one hour. If you are an outpatient, you will go to the observation area. Your family or friends may come to see you at this time. If you are being admitted you will be taken to your room.

DO NOT DRINK ALCOHOL WHILE TAKING PRESCRIPTION PAIN PILLS.