

# Pre- Procedure Instructions

What you do before your surgical procedure can have a tremendous impact on its eventual success.

That's why we ask that you follow these instructions leading up to your arrival at the Office/ Hospital. If you

have any questions, please consult your primary care provider.

**You are scheduled for** \_\_\_\_\_ **on date** \_\_\_\_\_

**Time** \_\_\_\_\_.

## Step-by- step guidelines to follow before a surgical procedure

### 2 Weeks before:

Stop all vitamins and herbal medications.

### 10 Days before:

If you are taking aspirin, products containing aspirin, or **blood thinners**(like Coumadin,plavix,pletal) etc., please contact your Primary Physician for instructions to stop them.

Please note that NO procedures can be done while you are on these medications.

### 3 Days before:

Stop NSAID Such as Aleve, Motrin, and Advil.

ACCEPTABLE: acetaminophen, such as Tylenol.

### 2 Days before:

Call the department where your procedure is scheduled to confirm your arrival time. Notify your physician of any health changes such as a cold or fever.

### 8 Hours before (or by midnight before your procedure)

No solid foods.

### Up to 3 hours before your arrival:

Unless instructed otherwise by your surgeon, you may consume small amounts of clear liquids only.

Clear liquids include apple and canberry juice.

### The morning of your procedure:

If you take prescription medications for your heart, lungs, blood pressure, seizures, or stomach problems, take them with a sip of water.

If you use inhalers, brin them with you.

Bring any insulin or oral diabetic pills with you.

**What to wear, what to bring, how to travel**

For outpatient surgery you **MUST** make arrangements for someone to drive you home since you may receive anesthesia or intravenous sedation. Even if you take a cab or transport service, you must have someone with you.

Please shower or bathe the night before or the morning of your procedure.

Bring a copy of your Advance Directives if you have established them.

Keep makeup to a minimum.

Wear comfortable clothing and flat shoes.

Do not secure hair with pins.

Please leave all valuables at home. **All JEWELRY, INCLUDING BODY PIERCINGS, MUST BE REMOVED.**

Wedding rings must be removed if they are on the operative limb. (If not on an operative limb, wedding rings may be taped if they can't be removed.)

Please arrive on time. If you are going to be delayed, please notify the us.

**Phone : 817 987 1805 or 817 987 1806**

**Signature of Patient**\_\_\_\_\_. **Signature of the staff**\_\_\_\_\_.