



Pre-op Instructions

1. All surgery fees must be paid in full, **3 weeks** prior to your scheduled surgery
2. Do not consume any food or beverages starting midnight, prior to your surgery. This includes water, gum, mints, etc... You should brush your teeth, but do not allow yourself to swallow any water.
3. Do not wear make-up or nail polish on your scheduled day of surgery.
4. Money and valuables, including jewelry, watches, rings, earrings, and body piercings, should be left at home
5. Dress in loose and comfortable clothes. An ideal outfit would be as follows:
 - Button-down shirt
 - Elastic/Drawstring Pants
 - Bedroom Slippers/Flip-Flops
 - Cotton Underwear
 - Socks
6. Glasses, Contact Lenses, or Dentures should be stored in a case
7. **It is important that you take a shower the morning of your surgery.**
You Must wash your body with an anti-bacterial soap, such as: Dial, Lever 2000, or Safeguard. It is important that wash your hair as well. Lotions, Creams, Hair Gel/Spray, and Perfume should not be worn; however, Please Do Wear Deodorant!
8. Do Not Smoke **at least 2 weeks** prior to surgery, as it can interfere with healing
9. Do not take any Ibuprofen, aspirin, vitamin E, diet pills, or herbal products for at least 2 weeks prior to surgery, as they could interfere with bleeding or anesthesia.
10. If you take prescribed aspirin or blood thinners, contact the physician who ordered them to find out when to stop taking them prior to surgery and when to resume after surgery.
11. The prescriptions you were given are for after your surgery. Have them filled ahead of time. Your narcotic prescription will be given to you the morning of your surgery; please bring your prescription card with you so that you can have it filled prior to surgery.
12. You will not be permitted to drive, and will need a responsible adult to take you home after surgery. Please make arrangements ahead of time.
13. You will need to have a responsible adult stay with you at home the first 24 hours after your surgery.
14. A surgical clearance and blood work need to be done by your family doctor, or a Patient First facility **10-14 days** prior to your surgery.
Please have the results faxed to your office at *410-308-4704* at least **5 days** prior to your day of surgery. Call our office at *410-308-4700* **3 business days** ahead of your surgery to see if we've received the results, as well as the letter from your therapist, as detailed on the Pre-op Checklist
15. Please report any colds, fevers, or infections; or if your need to cancel your surgery. Call with any questions at *410-308-4700*