

Preparation for Surgery

Please observe the following guidelines for your comfort, safety, and best surgical outcome:

10 Days Prior to Surgery

- Avoid aspirin unless prescribed by your doctor. If your doctor has prescribed aspirin, keep taking it.
- Avoid Motrin and Motrin-like products (NSAID pain relievers). These products will thin the blood and make it more difficult to control bleeding. If you have aches and pains. Take Tylenol instead.
- Stop taking Vitamin E, Ginko, Garlic, Ginseng, Glucosamine, Fish Oil, and St. Johns Wort. These products will thin the blood and make it more difficult to control bleeding.
- **DO NOT STOP TAKING COUMADIN OR PLAVIX.**
- Inform us if you have Mitral Valve Prolapse, heart valve replacements, prosthetic joints, joint replacement surgery, a pacemaker, a defibrillator, or if you are a diabetic. If you have any of these conditions, we can take extra precautions to keep you as safe as possible during, and after the surgery.
- You will need to return to the clinic 7-14 days after your surgical appointment for suture removal. Please mark this on your calendar.
- Purchase an ointment (Vaseline, AquaPhor Healing Ointment, or Polysporin) prior to your surgery date so that you have it at home for use after your surgery. Ointment is vitally important to the healing process.

Day of Surgery

- Enjoy a normal meal and drink a normal amount of water at the normal times on the day of surgery. We would rather have you fed and satisfied than hungry and miserable.
- Wear a dark colored button-up shirt and comfortable non-constrictive pants; white is a bad color for surgery.
- If you tend to get cold easily, bring an extra jacket.
- We recommend that you bring a companion, especially if you think you might have problems driving home.
- Pay attention to the post-operative surgery instructions we will give you.

After-Surgery Care

- Continue to avoid taking Motrin, Motrin-like products, Vitamin E, Ginko, Garlic, Ginseng, Glucosamine, Fish Oil and St. Johns Wort for three (3) days after surgery.
- If you stopped taking aspirin prior to surgery, continue to avoid taking aspirin for five (5) days after surgery. However, as noted under the heading "10 Days Prior to Surgery," if your doctor prescribed aspirin for you, continue taking it.