

## PRE-OPERATIVE INSTRUCTIONS (SURGERY)

1. Please do not eat or drink anything after midnight the day prior to your scheduled surgery.
2. **Do not take Aspirin, aspirin related medications, or other blood thinners such as: Plavix or Coumadin, etc 7 days prior to your scheduled appointment. Be sure to discuss with your physician/cardiologist if it is ok to stop taking your blood thinner medication and obtain a clearance letter.**
3. **Do not take anti-inflammatory medications such as: Ibuprofen, Advil, Motrin, Aleve, Ketoprofen, Orudis, Naproxen, etc. including vitamin E and some herbal products 48 hours prior to your scheduled appointment.** (It is Ok to take Vicodin (Itydrocodone products), Tylenol, Ultram (tramadol) as prescribed).
4. **If you take blood pressure medications,** take it as prescribed with a small sip of water.
5. **If you are a diabetic,** please take your blood sugar prior to coming in and do not take your diabetic medication until after the procedure. Please also request a morning appointment so that you do not go too long without food (you will be accommodated as best possible).
6. **If you are a smoker,** refrain from smoking after midnight the day prior to your scheduled surgery.
7. Do not drink alcohol or take medications not ok'd by your physician within 24 hours of your scheduled surgery.
8. Discontinue taking all herbal and dietary supplements 24 hours prior to your scheduled surgery.
9. If you suspect that you are pregnant notify the office as soon as possible.
10. Please make sure you have a responsible adult available to sing you out after the procedure is completed and to drive you home.
11. Please leave all valuables at home, remove all jewelry, and be sure to wear loose, comfortable clothing.
12. If you wear contact lenses, do not wear them the day of your scheduled surgery.
13. Bath or shower the morning of your scheduled appointment. Do not apply any deodorants, lotions, perfumes, or powders.
14. Bring your insurance card and identification card such as your driver's license.
15. For additional information please visit our website at [www.carrillosurgerycenter.com](http://www.carrillosurgerycenter.com) and click on the patient information section. Or call our facility to speak with a nurse at 805-963-4785.