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Before Surgery

- Discontinue taking Aspirin, Ibuprofen (Motrin, Advil, Aleve, Nuprin) or any drugs containing aspirin for at least 7 days before surgery. These medications interfere with normal blood clotting. Tylenol products can be used if necessary. **Check with our doctors regarding vitamins and herbal medicine usage.**
- Refrain from drinking any alcoholic beverages for at least 5 days before surgery. Alcohol acts as a blood thinner, making it difficult to control bleeding during surgery.
- Abstain from smoking for at least 10 days before surgery. Nicotine acts as a vasoconstrictor (reduces blood supply and slows healing). Inquire as to when it is safe to begin smoking after surgery.
- Avoid getting sunburn 1 week before surgery. A sunburn increases bleeding at the time of surgery as well as during the healing phase after surgery.
- Keep your surgical site clean. Shower; shave with your normal soap the evening before surgery.
- We will do everything necessary to alert your insurance company about your upcoming surgery, however, it is ultimately YOUR responsibility to contact your insurance company to confirm your procedure is a covered service.

Preoperative Testing

- The hospital will call you to arrange for your preoperative blood work, EKG, etc., unless other arrangements have been made.

Day Before Surgery

- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY!
- When brushing your teeth the morning of surgery, do not swallow any water. No gums, mints, cough drops, etc. Surgery will be canceled if you do not comply with these instructions.
- The hospital will call you the day before surgery with your start time and further instructions if necessary.

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Day of Surgery

- Bring a responsible person to drive or make other arrangements for transportation. The hospital will not allow you to drive or leave the hospital after you have received sedation and/or anesthesia.
- Arrange for someone to stay with you on the first night at home. Do not make any big decisions that night.
- Anything you consider valuable, please leave at home.
- Wear comfortable loose-fitting clothing to the hospital.
- Remove all makeup, nail polish, hair spray, mousse, cologne, lotions, etc. before coming to the hospital.