

## PRE-SURGICAL INSTRUCTIONS

We find that most patients are somewhat apprehensive concerning their upcoming surgery appointment. Nearly everyone, however, finds the experience much easier than they had imagined. We want you to know that our entire office staff is committed to making your experience as easy and pleasant as possible. As with most events, some prior planning and preparation will help to ensure that things go smoothly. Please review the instructions below carefully. If you have any questions or concerns, do not hesitate to contact us.

1. Try to plan minimal business or social activity the evening prior to, and the day and evening of your surgery.
2. With the exception of hard physical work or vigorous exercise, most patients can resume normal activities the day following surgery.
3. If you wish, sedative medications can be prescribed to you in order to help decrease anxiety levels during the surgical procedure. In such case, you must arrange for a responsible, licensed driver to bring you to the appointment (if pre-medicated) and to take you home from our office. It is not necessary for them to remain at the office during the appointment. If the driver does not wish to remain at the office during the appointment, he/she may leave a phone number where one of the office staff can call him/her prior to the end of your surgery.
4. Comfortable, loose-fitting clothing is recommended. Please wear a shirt or blouse with short sleeves or sleeves that can be easily rolled up, as we will need to check your blood pressure.
5. In many cases, medications may be prescribed to be taken the day or morning prior to surgery. Take these according to the directions on the bottle.
6. Medications prescribed by your physician (i.e. for high blood pressure, etc.) should be taken at their regular time and dosage unless instructed otherwise. Please advise us of any recent change in your medical condition or medication(s).
7. **Aspirin-containing drugs should be discontinued for 7-10 days prior to surgery.** This does not apply for Tylenol and Ibuprofen-type drugs (i.e. Advil).

**AGAIN, PLEASE DO NOT HESITATE TO CALL US IF YOU HAVE ANY QUESTIONS.**