

Pre-operative Instructions:

You will receive a call the day before surgery instructing you on what time to arrive and where to go.

- **Do's and Don'ts:**

- *Eating*

- Nothing to eat or drink after midnight the day before surgery
 - Day of Surgery
 - No gum or hard candy

- *Drinking*

- 10 ounces of clear liquids are allowed up to one hour prior to leaving your house the morning of surgery
 - Coffee is allowed
 - No black tea or fruit juices

- *Medications*

- Blood Thinners- follow Cardiologist instructions
 - Instructions: _____
 - No Aspirin, Ibuprofen, Motrin, Advil, or Aleve 7 days prior to surgery
 - Starting: _____
 - No vitamins or supplements 7 days before and 7 days after surgery
 - Starting: _____

- *What to bring*

- Government issued photo ID
 - Insurance and pharmacy cards
 - An up-to-date list of all medications (both prescribed, over the counter, and supplements)
 - Comfortable clothing
 - Stable walking shoes
 - CPAP machine (if you are staying overnight)
 - Advanced directive paperwork
 - Form of payment for prescription co-pays after surgery

- *Please leave at home*

- Medications
 - Valuables- please remove jewelry and leave it at home