

PRE-OPERATIVE INSTRUCTIONS

1. ALL surgery fees must be paid in full 3 weeks prior to your scheduled surgery date.
2. Do not consume any food or beverages (starting at midnight) prior to your surgery. This INCLUDES water, gum, mints, etc. You should brush your teeth, but do not allow yourself to swallow any water.
3. Do not wear make-up or nail polish on your scheduled day of surgery.
4. Money and valuables, including jewelry, watches, rings, earrings, and body piercings, should be left at home.
5. Dress in loose and comfortable clothing. An ideal outfit would be as follows:
 - Button-down shirt or zip up sweatshirt
 - Elastic/Drawstring Pants
 - Bedroom Slippers or Flip-Flops or Clogs
 - Cotton underwear
 - Warm socks
6. Glasses, contact lenses, or dentures should be stored in a case.
7. It is important that you take a shower the morning of your surgery. You must wash your body with anti-bacterial soap, such as: Dial, Lever 2000, or Safeguard. It is important to wash your hair as well. Lotions, creams, hair gel/spray, and perfume should NOT be worn; however, you should wear deodorant!
8. Do not smoke tobacco products AT LEAST 2 WEEKS PRIOR to surgery, as it will interfere with healing.
9. Do not take any Ibuprofen, Aspirin, Vitamin E, diet pills, or herbal products for at least 2 weeks prior to surgery, as they can interfere with anesthesia and bleeding.
10. If you are prescribed aspirin or blood thinners, contact your physician to find out when you can stop taking them prior to surgery and when to resume after surgery.
11. You must fill the provided prescriptions at least 1 week prior to your scheduled surgery date.
12. You will not be permitted to drive, and must have a responsible adult to take you home after surgery. Please make arrangements ahead of time.
13. You will need to have a responsible adult stay with you at home the first 24 hours after your surgery.
14. You must have surgical clearance and blood work done by your family doctor or a Patient First facility within 3 weeks prior to your surgery date (NO SOONER).
 - RESULTS MUST BE FAXED TO OUR OFFICE AT 410-308-4700 AT LEAST 7-10 DAYS PRIOR TO YOUR SURGERY DATE.
 - Please call our office at 410-308-4700 to ensure that we have received the results from the surgical clearance, the blood work, and the letter from your therapist (as detailed on the pre-op checklist) 3 days prior to your scheduled surgery date.
15. Please report any colds, fevers, or infections; call if you need to cancel your surgery. We are always available for you at 410-308-4700.