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## INSTRUCTIONS BEFORE SURGERY

The following instructions are designed to minimize any risks associated with surgery. Please call with any questions. You will be asked to return this signed form prior to surgery.

\_\_\_\_\_ **No eating or drinking after midnight of the night prior to surgery.** This includes no chewing gum or candy. If you brush your teeth do not swallow any water. Prescription medications approved to take the day of surgery may be taken with a small sip of water.

\_\_\_\_\_ **Please review all medications** (especially diabetes and blood pressure medications) with our office staff to determine which may be taken the morning of surgery. It is particularly important to review insulin and other diabetes medications since these are often reduced or not taken immediately prior to surgery.

\_\_\_\_\_ **No taking aspirin or Motrin (or other NSAIDS) for 2 weeks prior to surgery.** Aspirin containing medications include Bayer, Pepto-Bismol, and Excedrin. Baby aspirin should also be discontinued. NSAIDS include ibuprofen (Motrin, Advil), naproxen (Naprosyn, Aleve).

\_\_\_\_\_ **Prescription medications.** Medications that affect blood clotting, like Plavix, Coumadin, and Lovenox are generally discontinued prior to surgery. You must discuss this with Dr. Goldman and the prescribing physician to ensure that it is safe to discontinue such medications preoperatively. Other medications, like steroids, insulin, oral diabetes medicines, and blood pressure medication, may need to be adjusted for surgery and should be reviewed prior to surgery.

\_\_\_\_\_ **Herbal remedies, holistic medications, and individual vitamins.** Please discontinue all such medications 2 weeks prior to surgery unless otherwise discussed with our staff. Fish oil and Vitamin E in particular may increase bleeding. Meridia™ is known to interact with some anesthesia medications. Arnica Montana may reduce swelling and bruising after surgery but may increase bleeding at surgery.

\_\_\_\_\_ **Multivitamins.** Dr. Goldman does suggest that patients take an over-the-counter daily multivitamin for 2-4 weeks prior to surgery.

\_\_\_\_\_ **No smoking.** Smoking increases risks for wound healing, complications, scarring, secondary surgeries, pneumonia, blood clots, heart attacks, and other problems after surgery. Unless otherwise indicated, all patients are advised to discontinue smoking 3 months prior to surgery.

\_\_\_\_\_ **Birth control pills and hormone shots.** Hormone supplementation increases the risk of blood clots, which can cause a pulmonary embolus, a life-threatening problem in which a clot forms in the leg at surgery and then migrates to the lungs, interfering with breathing. We advise discontinuing hormone supplementation at least 2 weeks prior to elective surgery.

\_\_\_\_\_ **Illness.** If you develop a fever, cough, or other problems prior to surgery, notify our office. Surgery may have to be postponed for a significant illness, like the flu.

\_\_\_\_\_ **Sleep medications or anti-anxiety medications.** These may be useful before surgery for some patients and can be discussed with Dr. Goldman if needed.

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Reviewed with Patient:

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Printed Name:

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Date:

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Signature:

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Printed Name:

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