

## Pre Operative Orders/Instructions

1. Nothing to eat or drink after midnight unless instructed by the office staff. Patients with late afternoon surgery appointments may be permitted clear liquids in the early morning.
2. Examples of clear liquids include black coffee with or without sugar (NO MILK OR CREAM), clear juice such as cranberry, apple or grape, Gatorade, Jell-O and water.
3. NOTE: patients who have a clear liquid breakfast must have at least four hours without anything by mouth before their procedure.
4. Patients taking blood pressure medication are permitted to take their medication in the morning with a sip of water.
5. Aspirin and blood thinners, including fish oil, should be stopped one week before surgery unless otherwise instructed by the office staff.
6. DO NOT SHAVE the surgical site within 24 hours of your procedure. Shaving before surgery increases the risk of infection.
7. Tobacco use is strongly discouraged the morning of surgery.
8. Diabetic patients should not take insulin or oral hypoglycemic medications the morning of surgery.
9. Patients should arrange a ride home from the hospital after surgery. Taxi cabs are not an acceptable form of transportation home.
10. Patients requiring a preoperative bowel prep the day before their procedure are encouraged to have a light lunch then start the prep no later than 3 PM. This leaves plenty of time to complete the prep before bedtime. After the prep, only clear liquids may be consumed (see number 2 above.)
11. Stool softeners may be beneficial after surgery to prevent straining: therefore, patients may want to purchase these ahead of time. Stool softeners do not require a prescription.
12. Ibuprofen is often helpful with post operative pain management and should be available at home before the procedure.