



PRE-SURGICAL INSTRUCTIONS

1. Discontinue aspirin and any medications containing aspirin for two weeks prior to your surgical appointment, unless instructed by your physician not to discontinue this medication.
2. Discontinue non-steroidal, anti-inflammatory medication one week prior to your surgical appointment.
3. Discontinue Vitamin E one week prior to your surgical appointment.
4. Inform to the doctor if you are taking any other anticoagulant medication
5. Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
6. Please inform this office of all allergies to medications.
7. Plan to rest at home the remainder of the day after your surgical appointment.
8. Eat a light meal prior to our surgical appointment. Avoid heavy or greasy foods. If possible, wear comfortable clothing and footwear.
9. Following surgery you should have cold liquids for your next three meals. Protein shakes, fruit juices, ice cream, and yogurt are good choices.
10. You will be able to drive yourself home after surgery, but you may wish to arrange for someone else to drive you home.

Patient Signature

Date