

Pre-operative Instructions:

1. Do not eat or drink anything after midnight the night before your surgery.
2. Please discontinue aspirin 10 days prior to your surgery when possible to minimize bleeding.
3. Please discontinue the use of anti-inflammatory medicines such as Motrin, Aleve, Advil, and Ibuprofen 10 days before your surgery if possible to minimize bleeding.
4. You may take anti-inflammatory medicines such as Celebrex, or Mobic prior to surgery because these medicines do not affect your bleeding time or clotting capability.
5. Please discontinue the use of any herbal supplements two weeks before your surgery to minimize anesthetic risks. Some herbs are biologically very important. The following specific herbs should definitely be discontinued prior to surgery: valerian, echinacea, ephedra, ginkgo, kava, garlic, ginseng, and St. John's wort.
6. Please discontinue diet medications such as Phentermine, Contrave, and Hydroxycut 14 days prior to surgery.
7. Anesthesia: The type of anesthesia used is between you and the anesthesiologist. Local anesthesia alone is not recommended for most patients undergoing surgery due to inadequate pain control during the procedure.
8. If you are over the age of 55 or have any significant medical problems such as hypertension, diabetes, or heart disease, please contact your primary care physician to discuss what your risks may be of sustaining a medical complication during or after surgery. We will be happy to refer you for a pre-operative medical consultation when necessary as well.
9. Make certain that you arrange for someone to drive you home the day of surgery and stay with you the night of surgery.