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IV PRE-SURGICAL INSTRUCTIONS

1. Discontinue aspirin and any medications containing aspirin for 2 weeks prior to your surgical appointment, unless instructed by your physician not to discontinue this medication.
2. Discontinue Advil or any other non-steroidal anti-inflammatory medication one-week prior to your surgical appointment. You may substitute Tylenol for these medications if you are medically able to take Tylenol.
3. Discontinue anything herbal, Vitamin E, Ginseng, and Fish oil one week prior to your surgical appointment.
4. Inform this office if you are taking any other anticoagulant medication, i.e., Plavix, Coumadin, etc.
** You will need to be off these medications prior to surgery if your physician allows it.
5. Take any prescribed antibiotic as directed for heart murmur or Mitral Valve Prolapse.
6. Take all routine medications except for those listed above as directed by your physician. Please inform this office of all routine medications you are currently taking.
7. Please inform this office of all allergies to medications.
8. Plan to rest at home the remainder of the day and the following day after your surgical appointment. Plan to have a caretaker the remainder of the day and the following day.
9. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** the night before surgery. **DO** take routine medications as directed but only with a small amount of water. If you were given special instructions during your consult please follow these instructions. These include: _____
10. Following surgery you should have cold liquids for the next 2 days. Protein shakes, Instant Breakfast, Ensure, ice cream, and yogurt are good choices. Straws are **NOT** to be used.
11. **START** taking a multi-vitamin and vitamin c no more than 1000mg today and continue until you have healed from your surgical procedure if you are not taking on a regular basis already. Multi-Vitamin must have zinc and magnesium.
12. **Take all medications** as prescribed pre op and post op.
13. Please have someone available to drive you to the office and remain until the surgery is over to take you home. Due to the sedation, you **CANNOT** drive for at least 24 hours after your surgery.