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## Pre-Operative Instructions

- ☞ Avoid high doses of Vitamin E, Garlic and other herbal remedies for at least 2 weeks prior to your operation. These supplements may increase the chance of post-operative bleeding.
- ☞ Avoid Aspirin, Motrin, Advil and other anti-inflammatory medications as well as prescriptions which contain these medications for at least two weeks prior to your surgery. If you have to take any of the above medications, please inform your surgeon. You may take Tylenol for occasional pain relief.
- ☞ Please inform your surgeon if you are taking Aspirin, coumadin or any other medication which may increase bleeding. You may have to stop these medications before surgery.
- ☞ Stop smoking completely for at least 4 weeks prior to your surgery. Smoking increases the risk of complications significantly. Second hand smoke can be as detrimental.
- ☞ Plan for a friend or family member to stay with you for at least 24 hours after the surgery.
- ☞ If you require sedation or general anesthesia, plan for a friend or family member to pick you up after surgery.
- ☞ Please make sure you have your prescriptions for pain killers and other necessary medications before leaving the hospital. If you wish, you can pick them up at our office prior to your surgery.
- ☞ You will be contacted by the hospital one to two business days prior to your surgery to confirm the time and location of your operation. If you have not received a call by late afternoon one business day prior to your surgery date, please contact our office at 860 722-9544 before 5:00pm.
- ☞ Take a shower with regular soap the evening before or the morning of surgery.
- ☞ Please contact us immediately if you experience any significant health problems between your last office visit and the date of surgery. This can include severe respiratory problems, cough, fever, nausea and vomiting.
- ☞ Please do not hesitate to contact use if you have any questions.