



## **SURGERY PRE-OPERATIVE INSTRUCTIONS**

Please plan ahead

**Make sure you have all the prescription medications that you will need before and after the surgery. Make ice packs, prepare soft foods, and wear comfortable clothing to the surgery.**

- Please do not drink alcoholic beverages 1 day prior to your surgery. If you take coumadin or any other prescribed blood thinners you will need to call your MD to approve discontinuation of this medication prior to your surgery.
- If you Premedicate for mitral valve prolapse, prosthetic valves or prosthetic joints you will be required to use antibiotics prior to the surgical appointment.
- 2 days prior to the procedure please start your antibiotics and rinse with 1/2 oz of chlorhexidine mouth rinse 2 times daily (AM and PM) if prescribed.
- One week prior to surgery start taking 1000 mg of vitamin C each day and continue for the week following surgery. This speeds up soft tissue healing.
- Drink plenty of water each day (at least 6-8 8 oz. Glasses). Continue for the week following the surgery.
- If a sedative is prescribed, take 1 tab at bedtime the night prior to surgery if needed and take 1-2 tabs one hour before surgery as directed (you are required to have an escort to and from the surgery). Bring the remainder of your medicine to your appointment.

### ***Pre-operative instructions for the day of surgery:***

- Take premedication (if indicated)
- Take antibiotic dose as directed
- Take analgesic (pain medication such as Motrin or Tylenol) one hour prior to surgery. Do not take narcotic medication prior to the surgery.
- Take sedative (as directed and if prescribed)

Please call our office if you have any questions or concerns.