

PRE-OPERATIVE INSTRUCTIONS

1. Arrange for an adult to drive you home after the procedure.
2. Have your lab work done within 7 days of the procedure.
3. Stop smoking 30 days prior to your procedure.
4. Shower with antibacterial soap the night before and morning of your procedure with attention to the area of operation.
5. You must stop taking any BLOOD THINNING MEDICATIONS for at least 7 days prior to the date of the procedure. This limits the chance of a bleeding complication. These medications include among others:
 - aspirin
 - ecotrin
 - bufferin
 - ibuprofen
 - Motrin
 - Advil
 - Naprosyn (naproxen)
 - Relafen (nabumetone)
 - Voltaren (diclofenac)
 - Lodine
 - Cataflam
 - Feldene
 - Ticlid
 - Aleve
6. You should stop Plavix, Coumadin, Pradaxa, etc. for 5 days prior to the procedure. If you have questions regarding stopping your blood thinners like Plavix, Coumadin, Pradaxa, etc., ask your provider and/or your primary care physician.
7. Do not eat or drink for 6 hours prior to your procedure although you may take your regular medications with small sips of water. If you are diabetic, you must not eat or drink for 8 hours prior to your surgery.
8. If you are diabetic and on insulin, check with your primary care physician about your insulin use.
9. For any questions or concerns, do not hesitate to call the office at 707-308-3105.
10. Additional instructions: _____

Patient Signature

Provider Signature

Date

Santa Rosa, CA 95404