



PREOPERATIVE INSTRUCTIONS FOR ADULTS

1. DO NOT EAT or DRINK ANYTHING AFTER MIDNIGHT on the day prior to surgery, unless you are advised to do so by your physician.
2. If you are taking any medications daily, please be sure to discuss with us if any of your medicines should be taken prior to surgery.
3. DO NOT TAKE ANY OF THE FOLLOWING from 2 weeks prior to surgery until 1 month after surgery:

- * Aspirin
- * Aspirin-containing products or Non-Steroidal Anti-Inflammatory Drugs such as Advil, Ibuprofen or Naprosyn, Pepto-Bismol or Alka-Seltzer
- * Ginkgo, Garlic supplements or Ginger supplements
- * Vitamin E or Multivitamins containing Vitamin E
- * Fish Oil

4. YOU WILL NOT BE ALLOWED TO DRIVE after your surgery so be sure to arrange transportation TO and FROM the Surgical Center.
5. PLEASE DO NOT WEAR any make-up, nail polish or jewelry (remove all piercings) to the Surgical Center.
6. You may want to wear a loose-fitting shirt or something with buttons in the front so that getting dressed will be comfortable.
7. If you have any questions or concerns please do not hesitate to contact us at the office at 203-452-7081.