



PREOPERATIVE PATIENT INSTRUCTIONS

1. Bring medications.
2. Discontinue medications that can increase the risk of bleeding *1 week before surgery*.
 - a. Antiplatelet Medications such as Aspirin, NSAIDs (e.g. Ibuprofen, Naprosyn, Motrin, Advil), Plavix.
 - b. Anticoagulant Medication (blood thinners) such as Coumadin.
3. Discuss with primary physician which medicines you should take the morning of surgery.
 - a. Diabetes medication—If you are receiving daily insulin shots, inject a half dose the day of surgery.
 - b. Take Betablocker medications with sip of water
4. Otherwise: Do not eat or drink anything after midnight the night before surgery.
5. Take a shower the night before *and* the morning of your surgery.
6. Bring imaging studies on CD or film format.