

# **Pre-Operative Instructions**

## **What You Should Know**

**Please read the instructions and make sure all of your questions are answered BEFORE surgery**

### **PAYMENT DUE FOR SURGERY**

1. Review your treatment plan, future appointments, and the associated out-of-pocket fees.
2. We accept cash, check, all major credit cards, and Care Credit.
3. Payment must be received 1 week prior to surgery unless
  1. Paying by cash or check, please bring the day of your appointment.
  2. Other financial arrangements have been made.

### **PRE-REGISTRATION**

We will call you or you can call us, 1 week before your procedure to confirm or schedule:

1. Your post-operative appointment.
2. If you are having oral sedation, that you have a driver to and from your appointment, and that we have your driver's name and cell phone number to contact them.
3. Payment or arrangements have been made before your surgery.
4. Surgical consent and treatment plan are signed
5. Your prescriptions have been received and filled at least one day prior to surgery.
6. You understand our protocol for Blood Thinners, Blood pressure & Insulin as needed.

7. Medical consults with your physician have been received at least 10 days before surgery or we may need to reschedule your appointment.
8. Any changes in health or new medications.

## **SPECIAL INSTRUCTIONS – PRE OPERATIVE**

### **BLOOD THINNERS**

\*If you take any of the following blood thinners you will need a medical consult 10 days before surgery! Below are guidelines pending your physician's recommendations.

1. Coumadin, you will need a blood draw "INR" 1 week & 1 day prior to surgery. Have lab fax results to 248-380-7905. An INR of 2 – 2.5 is acceptable. \*We must have this or your surgery will be canceled.
2. Plavix: Do not discontinue- take as directed
3. Xarelto, Pradaxa, Eliquis – if your physician agrees you will stop your blood thinner the morning & evening of your surgery appointment. You will start your blood thinner the morning after your surgery.

\*If you take any of the following blood thinners you will not need a medical consult.

1. Aspirin: Stop 3-5 days before surgery. You can start the next day unless otherwise instructed
2. Fish Oil: Stop 3-5 days before surgery. You can start the next day unless otherwise instructed

### **HIGH BLOOD PRESSURE**

1. Take your medication as directed. This is Critical!

2. Bring your blood pressure medication with you to your surgical appointment in case your blood pressure is high. \*We must have this or your surgery may be canceled.

## **DIABETICS**

1. Make sure we have a copy of your most recent HbA1c (6 months or less)
2. If you take Insulin; ask your doctor to adjust your dosage for surgery.
3. Unless otherwise advised by your physician, take ½ dose long-acting the night before surgery and short-acting as needed. Otherwise, take medications at prescribed

## **OTHER MEDICAL CONDITIONS**

1. Medical consults with your physician must be received at least 10 days before surgery or we may need to reschedule your appointment.

## **DAY OF SURGERY**

### **MEDICATIONS & ANTIBIOTICS**

- Take your normal daily medications except blood thinners unless instructed otherwise
- If given an antibiotic take it the morning of your surgery unless otherwise instructed.
- If you have been given Ibuprofen takes 1 hour before surgery
- If you can't take Ibuprofen take 2 Tylenol 1 hour before surgery
- If having Oral Sedation, "Ativan or Triazolam" take 1 tablet, 45 minutes to 1 hour before surgery.

\*Follow the instructions on the bottle for prescribed medications. If an adverse reaction occurs (nausea, itching, swelling, severe diarrhea), stop

taking and contact the office immediately. If you have trouble breathing call 911 or go to the nearest emergency room.

### **OTHER THINGS TO DO – DAY OF SURGERY**

1. Don't fast **(except if you are having IV sedation)**. Please have breakfast or lunch prior to taking your medications to avoid nausea or upset stomach.
2. Wear loose clothing so your sleeves can be raised to monitor blood pressure.
3. We keep the office "cool", Please bring a sweater or blanket from home!
4. Do not wear any make on the day of surgery. Shave / Trim facial hair – beards
5. If you have a weak bladder and/or frequent urination, please take precautionary measures. You will be seated for some time.

### **CHECK-IN – DAY OF SURGERY**

1. DO NOT DRIVE IF TAKING AN ORAL SEDATIVE!
2. Sedatives affect your balance so it is best to have your driver walk in with you.
3. If your driver is leaving the office, confirm we have their contact information. We will call them 20-30 minutes before your surgery is complete to pick you up. Your driver should plan on coming inside to review post-operative instructions.
4. If paying with cash or check bring with you the day of surgery.