

## **PREPARATIONS FOR SURGERY**

### **TWO WEEKS BEFORE YOUR SURGERY**

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet). Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).

### **THE EVENING BEFORE YOUR SURGERY**

Get a good night's rest.

Make some jello and/or soup for after your surgery.

You will be provided with anti-bacterial surgical wash to use the night before surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.

Do not eat or drink anything after midnight the night before surgery.

### **THE MORNING OF YOUR SURGERY:**

Use the anti-bacterial surgical wash again the morning of your surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.

Arrive for your surgery on time.

If you are taking medications, please discuss these with Dr. Janis. Some medications may need to be held the morning of your surgery.

Do not wear contact lenses, make-up, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing;

preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants and comfortable, slip-on shoes.

Please be sure someone can drive you home and stay with you for at least 24 hours. You will not be allowed to drive yourself home.

### **AT HOME AFTER YOUR SURGERY:**

Avoid strenuous activity, exercising and lifting of heavy objects greater than 10 pounds for 3 weeks (keep heart rate less than 100 beats per minute).

A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soups or jellos. You may start a regular diet the next day. Never force yourself to take solid foods initially. The most important thing is to keep up with your fluid intake.

If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.

Typically you will be given an antibiotic that you will take for a prescribed number of days. You may also be given medications for sleep and for anxiety. Take these as directed.