



## PRE-SURGICAL INSTRUCTIONS

1. Discontinue aspirin and any medications containing aspirin for two weeks prior to your surgical appointment, unless instructed by your physician **not** to discontinue this medication.
2. Discontinue Advil or any other non-steroidal, anti-inflammatory medication one week prior to your surgical appointment. You may substitute Tylenol or Celebrex for these medications.
3. Discontinue Vitamin E one week prior to your surgical appointment.
4. Inform this office if you are taking any other anticoagulant medication, e.g., Plavix, Coumadin, etc.
5. Take any prescribed antibiotic as directed for heart murmur or mitral valve prolapse.
6. Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
7. Please inform this office of all allergies to medications.
8. Plan to rest at home the remainder of the day and the following day after your surgical appointment.
9. Eat a light meal prior to our surgical appointment. Avoid heavy or greasy foods. If possible, wear comfortable clothing and footwear.
10. Following surgery you should have cold liquids for your next three meals. Protein shakes, Jamba Juice, Ensure, ice cream, and yogurt are good choices.
11. You will be able to drive yourself home after surgery, but you may wish to arrange for someone else to drive you home.

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Patient Signature

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Date