

Pre-Major Surgery Instructions

In order to minimize any complications with your upcoming surgery, we recommend that you please review the following information immediately.

Please let us know if you are taking any type of blood thinning agents or if any of the following apply to you:

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| a. Aspirin , Coumadin (Warfarin) | d. Plavix |
| b. Ibuprofen (Motrin / Advil), Naprosyn / Naproxen (Aleve). | e. Propranolol or other beta-blockers medications |
| c. Herbal supplements and Vitamin E | f. Pacemaker |

Please inform us if you are allergic to ANY of the following agents:

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|--|-----------------------|
| a. Band-Aids or adhesive tape | c. Antibiotics |
| b. Latex | d. Iodine or betadine |
| e. Lidocaine or other local anesthetics (please have the exact name of the anesthetic available) | |

Please inform us if you require antibiotics prior to any dental or medical procedure.

For 4 weeks before surgery & for the 1-2 weeks after surgery avoid the following:

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| • Aspirin – please check with your primary care doctor before stopping aspirin to make sure it is okay to do so. | • Herbal supplements & Herbal teas especially (gingko, ginseng, garlic) |
| • Ibuprofen (Advil, Motrin) | • Vitamin E |
| • Naprosyn / Naproxen (Aleve) | |

Depending on the extent and location of the surgery, your daily activities may be **restricted** for a few **days** to several **weeks** after the surgery.

No contact lenses or jewelry the day of surgery.

Have bags of frozen peas on hand at home to use after surgery in place of ice packs

Wear a button down shirt, tennis or flat shoes the day of surgery.

Take your prescription medications on the morning of surgery. Do not take any of your own pain medications or anti-anxiety medications unless told to do so by us.

IF YOU ARE RECEIVING ORAL SEDATION (sedation with oral pills)

(Demerol, Vicodin, Valium) you will need to have somebody drive you home. You **should eat** breakfast to **minimize nausea** from the medications we will give you. **Make sure you take all prescribed medications prior to coming to the office.**

IF YOU ARE RECEIVING INTRAVENOUS SEDATION:

Someone must accompany you the day of surgery & **stay with you 24 hours** after the procedure. **Nothing to eat or drink after 10 p.m.** except for medications the night before the surgery (unless instructed otherwise)