

What to Expect Prior to Surgery

You will undergo testing pre-operatively to ensure that you are medically stable to undergo surgery. That will take place approximately one to two weeks prior to your surgery.

You will be instructed to report 1-1/2 hours prior to your expected surgery time, the day of your surgery. You will be contacted by the hospital the business day prior to your surgery to receive your report time and where to report.

You are not to have anything to eat or drink after midnight the night before your surgery unless otherwise instructed.

If you are in possession of your imaging studies (i.e.: x-rays, MRI scan, CT scans etc) you will need to hand carry these to surgery.

Preoperative Preparation:

1. Stop smoking.
2. Stop taking nonsteroidal anti-inflammatory agents such as ibuprofen.
3. Stop blood thinners (e.g., aspirin) after checking with primary care physician.
4. Stop taking narcotics the night of surgery.
5. Take no sleeping pills the night of before surgery.
6. Shower and wash hair the night before or morning of surgery.
7. Do not eat or drink after midnight on the night before surgery.
8. Drink no alcohol on the night before surgery.
9. Take only required medications (hypertensive meds, etc.) with sip of water the morning of surgery.
10. Please inform us if you have a cold, fever, infection, or new onset of condition that may increase the risk of surgery.
11. Maintain a healthy diet and exercise program before surgery.