

Pre Operative Guidelines

1. **Stop smoking** at least 1 month prior to surgery and at least 2 weeks after surgery . Smoking interferes with healing and can lead to various post-op complications.
2. Routine blood work and an EKG will take place at your pre-operative visit. Any additional tests results that will be needed before surgery will be discussed at the pre-operative visit. If additional testing is required or if you are an out-of-town patient and having some of these tests done by your local physician please have them fax the results to 303-278-4841. We should receive your test results at least 1-2 days before surgery.
3. Discontinue medications that contain aspirin, ibuprofen, blood-thinners, Vitamin E, and ALL herbal supplements at least 1 week prior to and 2 weeks after surgery. These medications may cause prolonged bleeding. If needed, Tylenol is SAFE to take just before and after surgery.
4. Fill your prescriptions before your day of surgery and keep them at your bedside at home along with a notepad to help keep track of the medications you have taken. . DO NOT drive or drink alcohol when taking narcotic pain medication. Expect some forgetfulness up to 36 hours post-op and during narcotic use. Having food (crackers, light starches) in your stomach before you take your medications can help to minimize any nausea.
5. If you are prone to nausea or motion sickness let your physician or the nurse know. Routine anti-nausea medications will be given through your IV in the O.R. to prevent nausea as well as antibiotics, steroids for swelling, and pain medications before you wake up from surgery. If necessary, medications can also be prescribed to prevent nausea at home.
6. Constipation is normal following surgery. General anesthesia slows down the GI tract and narcotic pain medication increases the likelihood of constipation. It is okay to take a stool softener (such as over-the-counter Colace) or fiber bulkers (such as Metamucil or Fibercon) following surgery. Drinking lots of water and eating a well balanced diet including fruits and vegetables the days before and after surgery will help to alleviate some of these symptoms.
7. Women may experience a change in their first menstrual cycle following surgery. It may be lighter and shorter. Menstrual irregularity usually lasts just one cycle.
8. **Do not eat or drink anything for eight hours before your surgery.** You may have small amounts of clear liquids four hours before your surgery. Within four hours of your surgery you are not allowed any sips of water, gum or hard candy. The only exception is that you may take your blood pressure and/or heart medications as directed. Not following these instructions can be reason for your surgery to be cancelled. These rules are put in place to ensure your safety during the surgery.
9. Arrange for an adult to take you home after the surgery and stay with you for the first 24 hours. Although everyone heals differently and has varied pain thresholds, expect some soreness, fatigue, mood swings and some foginess for a minimum of 1 week post-op. Swelling and bruising typically peak at day 4-5

post-op during the normal healing process. Arrange child care if possible, and plan to be off work until you are feeling better and your doctor says it is safe to resume your activities.

10. Please call if you have any questions. It is normal to be excited and a bit nervous prior to surgery. We want to make your surgical experience as comfortable and easy as possible. Every question is welcomed. We have nurses that are available to speak with you Monday through Friday, 8:30am until 5:00pm.

Warning about blood thinning medications.

Blood thinning products can cause excessive bleeding during and after surgery. Both prescription and over the counter medications can have blood thinning properties. If you currently take any of the medications or herbal preparations listed below discontinue use 1 to 2 weeks prior to your procedure. Remember this is only a partial list. If you have any questions, please contact your local pharmacist.

If you were told by a doctor to take a blood thinning medicine on a regular basis for stroke or heart attack prevention, severe arthritis, atrial fibrillation, or a prosthetic heart valve, ask your surgeon when this medicine should be discontinued.

Read the labels on all the medications that you take on a regular basis. Many products contain **Aspirin (ASA or acetylsalicylic acid)** and must be stopped 7 to 14 days prior to surgery.

Read the label on any new medications you take during the 14 days prior to your surgery. Many headache, cough, and cold remedies contain **Aspirin (ASA or acetylsalicylic acid)** and should not be used.

Below is a list of medications that must be stopped for the 7 to 14 days before surgery:

Aspirin (ASA or Acetylsalicylic Acid)	Ticlid
Coumadin	Garlic
Ginkgo	Ginseng
Heparin	Ibuprofen
Lovenox	Naproxen
Plavix	St. John's Wort
Fish Oil	
Flax	Vitamin E

If you need pain, headache, cough, or cold medicine during the 7 to 14 days prior to surgery you may take products containing Acetaminophen (Tylenol).