



General Pre-Operative Instructions

The following instructions should be followed closely except when overruled by specific procedural instructions.

2 Weeks Prior to Surgery

1. No Aspirin or medicines that contain Aspirin*, NSAIDs, including Ibuprofen (Advil and Motrin), naproxen (Aleve). These medications can interfere with blood clotting.
2. Discontinue ALL Herbal Medications* as many have side effects that could complicate a surgical procedure by inhibiting blood clotting, affecting blood pressure, or interfering with anesthetics.
3. Discontinue ALL Diet Pills whether prescription, over-the-counter or herbal as many will interfere with anesthesia and can cause cardiovascular concerns.
4. You may take Tylenol (Acetaminophen) if needed. This does not interfere with blood clotting or healing.
5. Start taking a multivitamin each day and continue taking through your recovery. The healthier you are, the quicker your recovery will be.
6. You may take a multivitamin that contains Vitamin E, do not take "megadoses".

One Week Prior to Surgery

7. If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dial, Safeguard, or Lever 2000 for at least the week before surgery.
8. Report any signs of cold, infection, boils, or pustules appearing before surgery.
9. Do not take any cough or cold medications without notifying Dr. Birchenough first.
10. Arrange for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.
11. Arrange for a responsible adult to spend the first 24 hours with you.

Night Prior & Morning of Surgery

12. Do not eat or drink anything including water after midnight the night before your surgery. Also, no gum, candy, mints or coffee the morning of surgery.
13. If you are on regular medications, please clear these with Dr. Birchenough.
14. Take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.
15. Do not apply any of the following to your skin, hair or face the morning of surgery: makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant. Using any of these products will add bacteria to the skin and increase the risk of infection.
16. You may brush your teeth the morning of surgery. Please be careful to not swallow any water.
17. Do not wear contacts to surgery. If you do wear glasses, bring your eyeglass case.
18. Wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
19. Do not bring any valuables or wear any jewelry (rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
20. You must have an adult drive for you - to and from surgery. Please note that a cab, Uber, or Lyft driver will not be allowed to take you home after surgery.
21. If you are not recovering at home, it is very important that we have the number where you will be after surgery.

Refrain from all nicotine products. Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.