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# PRE-SURGERY INSTRUCTIONS

**PRE-SURGERY INSTRUCTIONS:**

A successful surgery requires a partnership between you and Dr. Paresi.
The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. This is essential to your health and safety.

**THREE WEEKS OR MORE BEFORE SURGERY**

There may be several weeks between your decision to have surgery and your actual surgical date. During this time there are several important considerations:

- **Practice proper fitness:** You need **not** engage in an aggressive or new fitness routine; however, practicing good fitness habits is a crucial factor in your overall health and well-being. Stretching exercises and low-weight strength training now can help to enhance your posture and your strength in the weeks following surgery.
- **Good nutrition.** Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential
- **Stop smoking**. Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. This includes nicotine patch or nicotine-based gum. Stay away from second-hand smoke, too. Your healing and health depend heavily on this.
- **Lead a healthy lifestyle**. In the weeks prior to surgery, maintain the best of health and hygiene. A lingering cold, virus or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately and advise our office of any serious illness or change in your health.
- **Prepare and plan.** Schedule any time off work, and any support you will need at home in the days following surgery, including housework, childcare, shopping and driving. Make certain a responsible adult is enlisted and confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for 24 hours, following surgery.
- **Pre-operative testing.** Make certain to schedule all the pre-operative testing and medical clearance you have been given. Make certain all test results are received by our office as required.
- **Relax and enjoy life.** Stress and anxiety over life's daily events, and even your planned surgery can affect you. Some anxiety is common over the thought of surgery. We are here to support you and answer all your questions. We want your decision to be one made with confidence.

**TWO to THREE WEEKS BEFORE SURGERY**

This is an important planning and preparation time. Follow all the health habits you have begun in addition to the following:

- **Prepare and plan:** Put your schedule together for the day before, day of and first few days following the procedure. Share this with all your key support people.

- **STOP taking the following** for the duration before your surgery. Taking any of the following can increase your risk of bleeding and other complications:

1. **Aspirin and medications containing aspirin**
2. **Ibuprofen and anti-inflammatory agents (TYLENOL IS OK)**
3. **Garlic Supplements**
4. **Green Tea or green tea extracts**
5. **Vitamin E**
6. **Estrogen supplements**
7. **St. John's Wort**
8. **All other medications indicated**

- **Lead a healthy lifestyle:** Practice good handwashing. Avoid individuals who are ill. Do not risk catching a virus or cold.
- **ONE WEEK BEFORE SURGERY**
- **Confirm your day of surgery plans.** This includes your transportation and after-care (a responsible adult for the first 24 hours, around the clock).
- **Purchase Hibiclens antibacterial wash (not for face)** at pharmacy, over the counter
- **Fill your prescriptions**

On the day before your procedure:

- **Confirm your route** to and from the surgery center with the adult responsible who will drive you. Also confirm plans with your 24-hour support person and ensure they have all your post-operative instructions.

- **Shower as directed.** Use **Hibiclens (**if unavailable use an antibacterial, fragrance-free soap**)**. **Do not use Hibiclens on your face**. Shampoo your hair. Do not use any hair gel or other styling products, scented skin creams or moisturizers. Do not use any deodorant, hair spray, perfume, or cosmetics.
- **Do not eat or drink anything after 12 am** (If undergoing general anesthesia)**.** No candy, gum, or mints. Anything more than a small amount of water needed for brushing teeth or swallowing medication may result in the need to cancel surgery.
- **RELAX!** Get plenty of rest and avoid unnecessary stress.

**THE DAY OF SURGERY**

- **General anesthesia: NOTHING by mouth after midnight the night before.** Only take medications for high blood pressure or seizures
- **Local anesthesia: Please eat a light meal before your appointment and avoid any caffeine related drinks.**
- **Dress appropriately.** Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing: (If there is something you cannot remove, let the admitting nurse know right away.)

  Wear comfortable, clean, loose-fitting clothing. Wear slip on, flat shoes with a slip proof sole; no heels. Wear clean cotton socks, as the operating room can feel cool. For your comfort, wear a zip or button front top. No turtlenecks.

**Dr. Paresi and his team look forward to a successful surgery. If you have any questions about your upcoming procedure, please call or email us.**