



## **PRE-OPERATIVE INSTRUCTIONS**

- Your blood test must be done within 3 weeks from your surgery date; our office should receive the lab results no later than 7 days prior to surgery.
- All patients 40 years old or older must have a current history and physical by your general physician, results must be sent to our office no later than 7 days prior to your surgery.
- All patients 40 years old or older must have a current EKG and the results of such test must be sent to our office no later than 7 days prior to your surgery.
- DO NOT take any aspirin or aspirin-like products, such as Excedrin, Advil, Motrin, Ibuprofen, or over-the-counter medications except those approved by the doctor for at least two weeks prior to your surgery. You can use any aspirin free pain reliever such as Tylenol if necessary.
- No alcoholic beverages 48 hours prior to surgery
- Purchase light foods for the evening following the surgery. Soups, yogurt, cottage cheese, fruits and juices following any anesthetic are advisable. It is a good idea to begin with light foods and liquids.
- Once your body has had some time to readjust, you may eat or drink regularly according to the doctor's instructions.
- Make arrangements to have someone available to drive you home. We also recommend that someone stay with you for the night following surgery. We have a qualified facility for post-surgical overnight stay for our patients if needed.

- DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY. Food or liquid in your stomach may be hazardous during anesthetic, including water or coffee.
  - Wear loose comfortable clothing on the day of the surgery. Sweats suits are ideal. Wear warm socks and leave all valuables at home.
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## **POST-OPERATIVE INSTRUCTIONS**

- If you are going home the day of your surgery, you will be somewhat sleepy and must have someone else to drive you home. Stay in bed most of the day and night. A slight oozing of blood during the first twenty-four hours can be expected.
- Take the prescribed medications as necessary. You may take your own medications normally including birth control pills or any medications prescribed to you, except aspirin or aspirin containing compounds.
- Call our office regarding any excessive pain or TEMPERATURE elevation over 100 degrees
- No aspirin products for 10 days and remember to take all of your antibiotics as directed.
- No physical workouts for 2 weeks. Avoid bending down or lifting anything heavy.
- If you have any questions please call the office at any time of the day or night the answering service will reach Dr. Kahn.