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PRE-OPERATIVE INSTRUCTIONS

The prevention of complications following surgery depends, in part, on following both the pre-operative and post-operative instructions carefully.

1. Common to all surgeries are certain criteria we follow to ensure the safest outcome. All patients 45 years or older must obtain a current EKG and laboratory tests. Those patients with a significant medical or cardiac history (previous heart attack, coronary artery disease, hypertension, etc.), must obtain written clearance from their internist or cardiologist along with a current EKG and laboratory tests. This important data needs to be faxed to our office prior to your pre-op visit. Breast surgery patients should also obtain a recent mammogram preoperatively if you are over age 35 or with any significant history.
2. DO NOT take any ASPIRIN or Aspirin containing compounds (Alka-Seltzer, Anacin, Bufferin, Coricidin, Darvon, Dristan, Excedrin, Fiorinal, Midol, Percodan, etc.) for three weeks prior to surgery. Anacin-3 or Tylenol may be taken. Discontinue ibuprofen for at least two weeks prior to surgery unless it is badly needed for arthritis or other pain; please notify the nurse of your decision to continue this or any medications. High doses of Vitamin E (greater than 1000u/day) should be discontinued for two weeks prior to surgery.
3. Certain herbs and supplements have warranted concern and should also be mentioned here. Due to their interacting properties, Ginkgo Biloba, ginger, garlic, cayenne and bilberry should be avoided just as you would Aspirin. St. John's wort behaves like a monoamine oxidase inhibitor (MAO's) which react poorly with narcotics. MA Huang has an ephedrine-like complex as do many diet supplements. This response can cause heart irregularities when combined with anesthesia. Melatonin can compound the effect of anesthesia and Echinacea has been reported to alter blood pressures. We are often asked about the benefits of Arnica in regards to its anti-inflammatory property. Our research however, shows Arnica can exhibit a toxic action on the heart and can cause very large increases in blood pressure when ingested orally*. For this reason, we ask that you refrain from these homeopathics. It is important to mention the potentially fatal combination of "recreational" drugs and anesthesia and any participation must be divulged.
4. Smoking is known to impede a person's microcirculation thus putting patients at risk for complications. Discontinuing cigarettes for 2 weeks prior to surgery

reduces the risk for post-operative coughing or bleeding but also gives you the opportunity to quit.

5. Facial patients should color their hair prior to surgery, as it is unadvised to treat hair for 6 weeks after. Shampoo your hair the morning of surgery and avoid using any other products. Remove all cosmetics the night before and do not reapply in the morning. For a period of 5 days prior to surgery, wash the surgical area well with an antibacterial soap. The soap may be drying to your skin, so you may use a moisturizer. **DO NOT** use the moisturizer or creams on the morning of surgery.
6. If you develop any signs of a cold/infection, please notify the office 1-week prior to surgery. All patients who carry the Herpes Simplex virus must be put on an antiviral medication for preventative purposes.
7. The morning of surgery, wear loose fitting clothing that buttons up the front and warm socks. No panty hose or high heels.
8. After midnight the night before surgery, do not eat or drink anything. Not even water. Alcohol should be avoided 24 hrs. prior to surgery. And except for approved medications, do not take any others.
9. If you live in town, **you must have a responsible adult to take you home and stay with you for the first 24/48 hours.** If you are from out of town, you must stay in town overnight at a nearby motel with a responsible adult. This person will bring you back to our office the following morning for a Post-Op visit. We will be happy to offer referrals to local motels.
10. Our anesthesiologist will call you the night before surgery and will also see you the morning of surgery as will the nurse and Dr. Sheffield/Dr. Lowenstein. If you have any questions in the meantime, do not hesitate to call our office. Our objective is a positive outcome from your surgical experience.

* **Tyler, V.E.: The Honest Herbal. New York, Pharmaceutical Products Press, 1993.**