



PRE-OPERATIVE INSTRUCTIONS

1. Please make arrangements to have a responsible adult with you for 24 hours following your surgery. You will need to arrange for someone to drive you home from the surgery center/hospital, you are not allowed to take a taxi.
2. Plan to take adequate time off from work following your surgery. Rest and elevation are essential for good healing. If you have young children at home, arrange for additional help to care for them.
3. Stop over-the-counter anti-inflammatory medicines 7 days prior to surgery. This includes Motrin, Advil, Ibuprofen, Aspirin, Aleve and Naproxen. Most prescription arthritis medicine also needs to be stopped, please check with the doctor. Do not stop your regular prescription medications unless instructed to do so by the doctor or anesthesiologist. Blood thinners (Coumadin, Warfarin, Plavix, Aspirin) need to be stopped 4 days prior to surgery, please check with the ordering doctor.
4. Several vitamin and herbal supplements can affect the outcome of your surgery. We recommend that you stop these at least two weeks prior to surgery. Bilberry, Cayenne, Dong Quai, Echinacea, Feverfew, Fish Oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Hawthorne, Kava Kava, Licorice Root, Ma Haung, Red Clover, St. John's Wort, Valerian, Vitamin E, Yohimbe.
5. Diet drugs such as Meridia, Phentermine, Tenuate, and any weight control supplements containing Ephedra must be stopped at least two weeks prior to surgery. These can cause dangerous elevation of blood pressure and heart rate.
6. You will need crutches or a walker for ambulation after your surgery. These are available for purchase through the hospital, or may be rented from a medical supply company.
7. **Do not eat or drink after midnight the night before your surgery unless otherwise instructed by the physician.**