



Pre-Surgical Instructions

Please schedule your appointment on a day that you will be able to take off for the rest of the day.

If you take daily ASPIRIN, COUMADIN, HEPARIN, frequent IBUPROFEN (MOTRIN/ALEVE) or any other blood thinners, please stop five days prior to your appointment. (Please consult with your medical doctor before stopping any of the above medications.) Do not drink alcohol 3 days prior to surgery.

If you are a patient who requires PRE-MEDICATION with ANTIBIOTICS, please remember to take this at the prescribed time and dosage before your appointment. You will also need to do this before your suture removal.

Please take all medications that have been prescribed at the preoperative appointment as written on each label. If IV or oral conscious sedation is to be administered, you MUST have someone bring you to the appointment and take you home after. This person will be responsible for signing your surgical consent form. If IV or oral conscious sedation is being used, please do not eat six hours prior to surgery. If not, you may eat/drink normally before your appointment, and we encourage you to do so.

We suggest you have approximately 6 oz. pineapple juice or 3 slices of pineapple per day for 3 days prior to surgery to help reduce swelling and bruising.

Please call us prior to your appointment if you have any cold or flu symptoms.

Please wear comfortable clothing to your appointment. If IV sedation is being administered, please wear clothes with loose fitting sleeves.

Some items to have on hand at home:

- Ice bag or frozen bag of peas/corn
- Chloraseptic Throat Spray (to be found in the Cold/Flu Aisle)
- Pineapple juice or slices - for use prior to surgery only.
- Extra Strength Tylenol

Various (non-spicy) soft foods: examples:

- Applesauce, baked potatoes, cottage cheese, cream soups, fish or fish sticks, Jello, macaroni & cheese, mashed potatoes & gravy, meatloaf w/ gravy, omelets, pudding, scrambled eggs, yogurt or frozen yogurt.

If you have any questions, please feel free to give us a call.

I have read and understand the pre-surgical instructions

Signature

Date

DRS. KASSOLIS, MUTZIG, DALEY AND TORRES