

Surgical Instruction Sheet - BTHC

Name: _____

Surgery date: _____

Instructions prior to surgery

About Medications both prescribed and over the counter/herbals:

Stop Ibuprofen, Advil, Aleve, Naproxen, and Diclofenac 5 days before your surgery. These medications increase bleeding during surgery. You may take Tylenol for pain control instead of these other medications.

Stop ALL vitamins and herbal supplement 7 days before surgery. Some of these have blood thinning properties and can increase bleeding when you go for surgery.

If you are on a blood thinning medications such as **ASA (Aspirin), Warfarin, Rivaroxaban** or other blood thinning medications - follow your anesthetist's instructions whether to stop these or not before surgery.

Skin preparation for Surgery:

Have a shower the morning of your surgery to clean your skin. Pay special attention to the skin where the incision will be done and **wash well, lathering with regular soap.** Do not shave the area as this may increase the risk of infection. Do **NOT** put on any deodorant or lotions on your skin after your shower.

Remove all jewelry, watch, rings and all piercings.

Remove all nail polish from both fingers and toes this includes: overlays, acrylics, wraps, gels or shellac, nail art or tips, silks, fiberglass or bonding....

Dietary instructions:

Do not eat any solid food after midnight the day before your surgery (stop at least 8 hours before arriving at the hospital).

You may drink clear fluids up to 2 hours before your arrival time at the hospital. Clear fluids include: water, apple juice, Gatorade, cranberry juice, clear tea, black coffee, or clear soup broth. You may add sugar or honey to these liquids. Do not add milk, cream, or whitener & do not drink any sports/carbonated beverages. The anesthetists often recommend drinking before surgery to improve your circulation and overall wellbeing during surgery.

Day of surgery medication instructions: _____

After Surgery:

If you are coming for day surgery you can only be discharged once you have medically recovered from the anesthetic and do not have too much pain caused by your surgery. Likely midafternoon to early evening.

You will need someone to drive you home and to stay with you for the first night. The anesthetic medications stay in your body for up to 24 hours, and a delayed reaction is possible.

You will receive instructions for post-surgery care which is specific to your surgery.

You will receive a call from a PAC nurse the day after surgery to assess your recovery.