

PATIENT PRE-OP GUIDE FOR SURGERY

PRE-OPERATIVE CHECKLIST:

- If you are having intravenous sedation or general anesthesia do not eat or drink anything for **8 (eight hour)** prior to your surgery. Sips of water to take regular medications are allowed. A responsible adult must accompany you and be available to drive you home after your surgery.

- Do not wear make-up, jewelry, or contact lenses the day of surgery. Leave valuables at home.

- If possible, obtain your medical supplies, special foods, medicines, etc. before the day of surgery.

- You should not take garlic, ginger, vitamin E or Ginko Biloba **FOR AT LEAST ONE WEEK** before and after your surgery.

- You should consult your doctor regarding your aspirin use.

- Smoking** should be stopped at least 48 hours before and after surgery. Smoking impairs circulation: good circulation is needed for good healing. An adequate blood supply results in a good surgical result for you.