



Pre-Operative Instructions

- You are to have nothing to eat or drink (nothing by mouth) after midnight (12:00am) the night before your surgery.
- **Medications:** The following types of medication should be taken on the day of surgery if you do so routinely. (These medications may be taken with a SIP of water).

Heart Medications

High Blood Pressure Medications

Asthma/Puffers Medications

Ulcer Medications

Seizure Medications

Birth Control Pill

Do not take any other medications, including over-the-counter drugs and vitamins except for the ones listed above on the day of your surgery. If you have questions, please discuss with your family doctor.

- **Anti-Inflammatories: (i.e. Advil, Ibuprofen, Motrin, Naproxen, Celebrex)** should be stopped at least **seven (7)** days prior to your surgery date.
- **Blood thinners/Anticoagulants: (i.e. Warfarin, Coumadin, Plavix)** must to be stopped **seven (7)** days prior to your surgery date. Please discuss this with your family physician.
- **Insulin Dependant Diabetics:** Please advise the Dr. Moola's office and we will schedule your operation for the morning. Bring your insulin on the day of surgery.
- **Transportation:** You are considered legally impaired after anesthetic and will not be allowed to drive for 24 hours after surgery. You must make arrangements to have someone escort you home at the time of discharge from hospital. You can be accompanied home in a private car or taxi.
- **Post-operative Instructions:** You will be given specific post operative instructions and a prescription for pain medication at the time of discharge from the hospital.
- **Braces and Slings:** Extended benefit programs cover some additional equipment you may need after surgery (i.e. braces, shoulder immobilizers). Please check with your insurance company to clarify coverage policies.

FORMS AND LETTERS

- Should you require a form or letters for employers/insurance companies, please contact the office the week **PRIOR** to your surgery date. There is a minimum charge of \$30.00 for all forms and short letters.