



## Pre-Operative Instructions

Prior to your surgery, your **Primary Care Physician** may perform what's known as a **pre-operative clearance**. As part of this, he/she will review your medical history and ask about anything that could adversely affect the outcome of the surgery, including existing medical conditions and allergies. You may also undergo laboratory tests, particularly if you have other medical conditions or problems. These may include blood tests, an electrocardiogram or EKG, and a chest X-ray.

Your blood tests should be done **within 14 days** of your surgery date. The results must be sent to our office **no later than 5 days** before your surgery date. They can fax the results to our office at (203) 792-8193.

You will want to be sure to provide your doctor and surgeon with a list of all prescription and over-the-counter medications you are taking. This includes over-the-counter products that you might not think are important such as aspirin, dietary supplements, and vitamins. Some medications can have a significant effect on your surgery, including how you respond to anesthesia. Be sure to **ask your physician** for instructions on which medications to avoid or stop prior to surgery. If he/she directs you to suspend taking certain medications prior to surgery, confirm the dates on when you should stop, but do not stop taking medications you normally use unless you are advised by your doctor or surgeon to do so.

Unless prescribed by one of your physicians, **do not take aspirin-containing drugs or other medications that thin the blood**, i.e., Aleve, Advil, Motrin, Celebrex, Ibuprofen, ginger, ginkgo, Vitamin E for 10 days prior to surgery unless specified otherwise. If needed, substitute Tylenol for Aspirin.

**Check with your Primary Care Physician** if you are taking Coumadin, Pradaxa, Xarelto, Eliquis or Plavix. They will advise you when to discontinue the medication prior to your surgery.

**Do not eat or drink anything** after midnight the night before your surgery. **This includes water**. Any medications you must take the morning of your surgery **take with only enough sips of water to swallow the medications**.

Do not chew gum or eat hard candies.

No alcoholic beverages for 48 hours prior to surgery.

No smoking at least 24 hours prior to surgery

**You will need to bring your MRI/Films** with you to the hospital the day of your surgery if they were not done at Danbury Hospital or Norwalk hospital, depending on at which hospital your surgery will be performed.

**If your surgery is being performed at Danbury Hospital** a nurse will call you the night before the surgery to tell you what time you should arrive at the hospital & where to check in.

**If your surgery is being performed at Norwalk Hospital,** your Surgical Coordinator will tell you during your conversation at the time your surgery is scheduled what time you should arrive at the hospital & where to check in.

In the weeks prior to your surgery, prepare yourself physically for the rigor of surgery by eating a balanced diet, rich in Vitamin C, which promotes healing of tissue. You can prepare yourself emotionally by **Thinking Positively.** Please contact your surgical coordinator with questions.

**Danbury Hospital Surgery**

SJS/JDM - 203-792-2003 ext.212  
SPS/RAB - 203-792-2003 ext. 225

**Norwalk Hospital Surgery**

SJS/JDM - 203-792-2003 ext.212  
SPS/RAB - 203-792-2003 ext. 225