

## Pre-Operative Instructions for Surgery

### **Medications:**

1. If you take anticoagulants such as Aspirin, Warfarin, Coumadin, Plavix, Heparin, Ticlid or Lovenox, your primary care physician must be consulted before discontinuing prior to scheduling surgery.
2. STOP all Herbal Medications, Vitamin E, Diet Pills, Multivitamins, and NSAIDS such as Ibuprofen, Advil, Nuprin, Aleve, Naprosyn or Naproxen 7 to 10 days prior to surgery.
3. STOP all Cholesterol lowering medications, Lipitor, Zocor, Pravachol, 48 HOURS PRIOR to surgery.
4. DO NOT TAKE ANY Diuretics or Water Pills the morning of surgery.
5. DO NOT TAKE these medications the morning of surgery: BENAZEPRIL, CAPTOPRIL, ALAPRIL, QUINAPRIL.
6. You MAY TAKE any HEART MEDICATIONS or BLOOD PRESSURE MEDICATIONS the morning of surgery with a sip of water, unless otherwise indicated by the pretest center (CPAP).
7. You MAY USE PRESCRIBED INHALERS AND you MUST BRING THEM WITH YOU the day of surgery.
8. If you are a Diabetic, DO NOT TAKE ANY DIABETIC PILLS OR INSULIN the morning of surgery. Your blood sugar will be checked at the hospital prior to surgery and will be taken care of as needed.
9. If pain medication is needed prior to surgery, Tylenol CAN BE USED as necessary unless the pretest center (CPAP) has cleared you to take other medications prescribed by a pain management physician.
10. If you have any further questions regarding your medications, please call your surgeon's office.

### **Skin Preparation:**

BEFORE surgery, your body must be thoroughly cleaned with a special soap to decrease the amount of germs on the skin. Dial antibacterial soap may be used for this purpose. Using this soap will help reduce the chance of getting a wound infection after surgery.

### **Follow these instructions for proper skin preparation:**

DO NOT shave the day of surgery. This can cause small abrasions or nicks in the skin, which allows germs to enter. If you want to shave, it must be done the night before surgery.

DO NOT use any creams, lotions, powders or underarm deodorant in the area where your surgery will take place. These items interfere with the solution used to prepare your skin in the operating room.

**The evening before surgery:**

Take a shower and wash your entire body with antibacterial soap. Work the soap up into lather. Wash your body, especially the surgical area, with a clean, fresh washcloth.

Rinse thoroughly because soap can leave a film, which may interfere with the antiseptics used to clean the skin in the operating room.

Dry your body with a clean, fresh towel. Wear clean, fresh pajamas to bed.

**The morning of surgery:**

Take a shower or wash the surgical area again with antibacterial soap. Work into lather and clean the body or surgical site with a clean, fresh washcloth.

Again, rinse thoroughly, Dry your body with a clean, fresh towel, and put on clean, fresh clothes.

**Additional Instructions:**

1. DO NOT eat or drink anything after midnight the day before surgery, or the morning of surgery (except for certain morning medications). This includes candy, mints, coffee, water, gum and cigarettes.
2. DO NOT wear any jewelry, make-up, nail polish, hair clips or contact lenses the day of surgery. Bring your contact lens case and cleaning solution to the hospital if you wear contacts.
3. DO NOT bring any valuables with you to the hospital or they will have to be placed with security or left with the accompanying person.
4. It is recommended that you wear loose, comfortable clothing to the hospital the day of surgery. Wear something that is loose enough to fit over the operated site that may have a bandage over it, especially if you are going home the same day.
5. Plan to arrive at the hospital 2 hours prior to your surgery time as told by your doctor's office.
  - (North) Report to the Center for Advanced Medicine, Surgery Center, 4<sup>th</sup> floor to check in. Parking is available on the 4<sup>th</sup> floor of the Laclede Garage. Valet parking is available at the entrance to the Center for Advanced Medicine on Parkview Place. Your parking ticket will be validated in the 4<sup>th</sup> floor waiting room.

- (South) Report to Admitting Department 1<sup>st</sup> floor of Barnes Jewish Hospital, South Campus to check in. Parking is available in the South Parking Garage located at Barnes Hospital Plaza. Valet parking is available on the street level in front of the hospital. Your parking ticket will be validated in the Same Day Surgery waiting room.
  - Barnes-Jewish West County Hospital is located at 12634 Olive Blvd. in Creve Coeur.
6. If you are having OUTPATIENT SURGERY, it is REQUIRED that you have a responsible person provide you with transportation after surgery, and must be able to stay with you 24 hours following surgery. You cannot take the bus or a taxicab home alone.
  7. If you are staying overnight after your surgery, you will be transported to your room after a short stay in the recovery room.
  8. ALL patients for ALL surgeries REQUIRE pre-testing unless otherwise told by your surgeon. Additional pre-testing information has been given to you.
  9. Please call our office if you have any further questions or concerns.