

### **BEFORE YOUR SURGERY INSTRUCTIONS:**

1. NOTE: Prior to surgery, at your pre-operative office visit, you will be given a document containing written information and instructions pertaining to the specific procedure(s) you are to undergo. Then you will need to get Pre-Operative Visit at the Hospital.
2. Arrive at your scheduled anesthesia pre-op appointment 15minutes earlier.
3. Arrive at least 2 hours before your scheduled surgery time.
4. NOTE: Your Surgery time is subjective to changes please keep all lines of communication open.
5. All Deductibles are to be paid to the office before your office Pre-operative visit.
6. Make sure all of consent forms are signed, dated, and returned before your surgery.
7. You can drive yourself to surgery but will need somebody to drive you home.
8. Recovery time varies from patient to patient. Plan for 4-6wks unless told differently.
9. No travel for 6weeks.
10. Make 2 weeks post-operative appointments (from your surgery day)

### **Surgery Preparation:**

1. **Please do not eat or drink anything after midnight before the procedure.**
2. Please stop all your medications the night before the procedure unless otherwise instructed by Dr. Sharma or anesthesia.
3. The following medications should be discontinued 1 week prior to your procedure: **aspirin, non-steroidal anti-inflammatories (i.e. Motrin, Aleve, Celebrex, etc.), Plavix, vitamin E** in any formulation, and any alternative supplements containing **Ginseng or Ginkoba, or Garlic.**
4. Note: **Coumadin** should be discontinued 3 days prior to your procedure.
5. For your Convenience, fill all your prescriptions prior to your surgery. Do not bring this to the hospital. This is for home use
6. To avoid constipation, it is recommended that you prepare your bowels by eating lighter meals and drinking 1 glass of prune juice per day beginning 3 days prior to your procedure.
7. You may want to consider starting Miralax® at this time. Miralax® can be purchased over the counter at any local drugstore or pharmacy.