



PREOPERATIVE INSTRUCTION SHEET

- Make sure all questions regarding your procedure have been answered prior to signing the “Consent for Surgery”. This includes risks, benefits and alternatives to surgery.
- Please call the morning of surgery before leaving home to confirm the start time unless you are the first case of the morning. The number to confirm start time is 201-585-7084. This is to insure that if the case before you runs late, you will not be subjected to an excessive wait at the Center. If you are the first case of the morning, please arrive no later than 7:00AM on an empty stomach.
- For all female patients, please wait until you arrive at the office to urinate, as you may be required by the anesthesiologist to give a urine sample.
- Bring no jewelry or valuables with you on the day of surgery.
- Wear loose clothing (i.e. sweat pants, button-down shirts, slippers).
- **DO NOT EAT OR DRINK AFTER MIDNIGHT, DO NOT CHEW GUM OR EAT HARD CANDY.** You may have small amounts of liquids 6 hours or more prior to the start of your procedure. Any solid food in your stomach poses as a health risk, and the anesthesiologist may cancel your surgery. When brushing teeth do not drink water. You may take your regular medications with a sip of water.
- Do not exercise the day before or the day of surgery.
- If possible, reduce caffeine intake to one cup per day for 2-3 days prior to surgery. If you are a smoker, it is advisable to stop smoking at least two (2) weeks prior to surgery, as this contributes to poor scarring.
- Make sure you have received all prescriptions prior to surgery, and bring them with you to the office on the day of surgery so that a staff member can review what pills you need to take and when. Please inform the office if you are taking any medications, including over the counter and herbal medications.
- For procedures of the head, neck, and facial areas, wash hair with your normal shampoo or Physohex/Physoderm the evening before or the morning of surgery. Do not use hair spray or make-up on the day of surgery. Also, do not use any lotion or cream 48 hours before surgery.

- Arrange for a family member or friend to accompany you home following your procedure. State and hospital regulations do not permit you to drive yourself home following anesthesia. **Note:** This does not pertain to small office procedures performed under local anesthesia.
- If you have any questions before your procedure, please call us so that we may be of assistance. It is our pleasure to be of service to you and we hope your experience will be positive one.
- **All patients anticipating surgery must stop taking all sources of aspirin prior to their operation. Aspirin is a very strong anticoagulant that causes bleeding problems in normal individuals by temporarily preventing your platelets from working. Therefore, you MUST STOP taking aspirin and all aspirin-containing products ten days before surgery.**
- **The following are only a few of many aspirin-containing compounds to be avoided:**

Advil	Tramycin	Aleve
A.P.C.	Alka Seltzer	Anacin
Aspirin	Aspirin Suppositories	Bayer Aspirin
BC Powder	Buff-A-Comp	Buffadyne Cama-Inlay
Bufferin	Butalbital	Tabs Congesprin
Cheracoal Caps.	Clinoral	Oarvon Compound
Cope	Coricidin	Ecotrin
Oristan	Ouragesic	Equagesic
Emprazil	Emperin	Fiorinal
Excedrin	Feldene Measurin	Midol
Indocin	Motrin	Norgesic
Monacet with codeine	Pabirin Buffered Tabs.	Panalgesic Robaxisal
Nuprin	Persistin	SK-Darvon wI ASA
Percodan	Sine-Off	Synalogs Caps.
Sine-Aid	Supac	Tolectin
Stendin	Ster-Oavon wI ASA	
Synalogs D.C.	Vanquish	

- **If you must take something for a headache, menstrual cramps or other aches and pains, you must take **TYLENOL** as directed.**

**MEDICATIONS THAT SHOULD BE DISCONTINUED AT LEAST 10 DAYS
PRIOR TO SURGERY:**

- Please refer to this list for the most common drugs that should be discontinued two weeks prior to surgery.
- If a medical doctor has prescribed a drug for you that is on this list, please notify them before stopping your medication.
- Please inform the doctor or his staff of any and all medications that you will be taking. Following surgery these medications should not be resumed without notifying the doctor and his staff first.
- If you have any questions about any medications including over-the-counter products interfering with surgery please consult our office, your medical doctor or pharmacist.

ASPIRIN COMBINATIONS

Bufferin	Fioranal
Easprin	Darvon
Ecotrin	Lortab
Excedrin	Norgesic
Ascription	Aspergum
Aleve	Feverall
Trilisate	

**ANTI-INFLAMMATORY
AGENTS**

Advil	Anacin
Empirin	Anaprox
Cataflam	Bayer
Clinoril	Entab-650
Dolobid	Indomethacin
Feldene	Indocin
Ibuprofen	Midol
Lodine	Nalfon
Ponstel	Relafen

ARTHRITIS MEDICATIONS

Anasaid	Daypro
Motrin	Orudis
Telectin	Tolectin
Voltaren	Mono-gesia
Myochrysine	Ridaura
Daypro	Solganal
Sal-flex	Motrin
Naprosyn	Oruvail
Telectin	Toradol
Celebrex	Vioxx

MIGRAINE PREPARATIONS

Initrx	Blocadren
Erfomar	Ergo stat

ANTI-PRYETICS

ASPIRIN WITH ANTACID

Alka-Seltzer	Act-on-Rub
Ben Gay	Oil-O—Sol
Doan's Rub	Panagesic
Exocaine Plus	Stimurub
Icy Hot	Surin
HEET	Yager's Lin
Neurabain	Zemo Liquid
Sloan's	Solitice

TOPICAL PREPARATIONS

Absorbent Rub	Metholatum
Absorbine	Infrarub
Cafergot	Midrin
Migrilam	Sansert
Wilfraine	

PLATELET INHIBITORS

Baby Aspirin
Halfprin
Persantine
Ticlid
Sine-Off

COLD MEDICATIONS

4-Way Cold Tabs
Dristan
Vanquish
Quiet World Analgesic S1
Joesph's for Children Peptobismal

OTHER PRODUCTS CONTAINING ASPIRIN

APAC Acetonyl	Ban-o-pain	Doloral	Opasal	Stanback
Aidant	Brogescic	Dorodol	Paadon	Ster-Darvon
Allygesic	Bufabar	Drinacet	Pabririn	St. Joseph
Apamead	Buff_a	Dristan	PAC	Supac
APC	Buffady	Drocogesic	Palgesic	Super-Anahist
Aphodyne	Bufferin	Duradyne	PC-65	Synalgos
Aphophen	Calurin	Ecotrin	Pedidyne	Synirin
Arthra-Zene	Cama Inlay	Empiral	Pentagesic	Tetrex-APC
ASA	Capron	Empirin	Pentagill	Thephorin-AC
Aspirbar	Causalin	Emprazil	Percobarb	Toloxidyne
Ascaphen	Cephalgesic	Empraen	Percodan	Trasogesic
As-ca-phen	Cheracol	Equagesic	Persistin	Transcoprin
ACD Acetabar	Cirin	Excedrine	Phac Tab	Triaminicin
Acetasem	Clistana	Fiorinal	Phenaphen	Trigesic
Aliprine	Codasa	Fizrin	Phenodyne	Triocin
Aliprin	Codempiral	Formasal	Pheno-Formasal	Vanquish
Amsodyne	Codesal	Tabs	Pensal	Zactirin

Anexsia	Coldate	Gelosodyne	Pirseal
Anadynos	Colrex	Grillodyne	Palygesic
Ascodeen	Congespirin	Hasamal CT	Ponodyne
Anexsia	Cope	Henaphen	Predisal
Anadynos	Coralson	Histadyl	Prolaire-B
Ascodeen	Cordex	Hyphan	Pyrasal
Ascriptin	Coricidin	I-Pac	Pyrhist cold
Aspadine	Co-ryd	Kryl	Proxate
Asphac	Counter pain	Liquiprin	Phinex
Asphencaf	Covangesic	Lumasprin	Robaxisal
Asphyte	Darvo-Tran	Marnal	Ryd
Asolco	Dasikon	Measrin	Sal-Aceto
Aspireze	Dasiko	Medadent	Sal-Fayne
Aspirin (USP)	Dasin	Miltihist	Salibar Jr
Aluminium	Decagesic	Nembudeine	Salipral
Aspirjen	Delanar	Nembu-Gesic	Sarogesic
Aspircal	Derfort	Nipirin	Sedalgesic
Aspir-phen	Derfuke	Norgesic	Semaldyne
Aspodyne	Dolcin	Novahistine	Sigmagen
Axotal	Dolene	Novread	Sine-Off
Babylove	Dolor	Opacedrin	Spirin Buffered

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