

Pre-Surgical Instructions

Kelly Holtkamp, M.D.

Preparing for Your Surgery

- Do NOT eat or drink anything (including chewing gum or mints) after midnight the night before your surgery. If you do, your surgery will be cancelled due to the high risk of aspiration which could cause serious harm or death.
- Please arrange for transportation to and from surgery. It is recommended that someone should stay with you for the first 24 hours after surgery.
- Do not smoke (or vape) or use chewing tobacco after midnight the night before surgery.
- Do not drink alcohol for 24 hours before and after your procedure.
- Go to the supermarket to stock up on items you may need following your surgery. For example, microwavable dinners are easy to prepare if you have restrictions. Cast covers are useful to keep your bandage clean and dry.
- If you are diabetic, pay extra attention to keeping your glucose levels controlled.

Medications

- STOP all blood thinner medications 7 (seven) days prior to your surgery to decrease bleeding at the time of your surgery. These medications include:
 - Aspirin
 - NSAIDS: Ibuprofen (Motrin, Advil) Aleve (Naproxen)
 - Prescription NSAIDS: Mobic® or Vivlodex®, (Meloxicam), Celebrex® (Celecoxib), Vimovo®, Duexis®, Zorvolex®(Diclofenac), Indomethacin, (Tivorbex) Naprosyn
 - Dietary supplements: Fish oil, Omega-3, ginkgo, CoQ10, Vitamin E. Stop all supplements.
- **Prescription Medications:** Warfarin® (Coumadin, Jantoven) Plavix® (Clopidogrel bisulfate) Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran) Arixtra® (Fondaparinux), Eliquis® (Apixaban), Effient® (Prasugrel). **You will need pre-surgical clearance from your Primary Care Physician or Cardiologist before stopping these medications.**
- Warfarin® (Coumadin, Jantoven)- Patients will require INR testing the day before or morning of surgery
- You are allowed to take prescribed medication for heart, blood pressure, or lungs with a very small amount of water prior to your surgery.
- Do NOT take sedatives such as Xanax or Valium prior to signing the surgical consent.
- PAIN MEDICATION: Narcotic medication requires a physician/physician assistant signature on watermarked prescription pad. You will receive _____ on the day of your surgery.
- NAUSEA MEDICATION: A prescription for anti-nausea medication (Zofran or Reglan) will be e-prescribed to your pharmacy prior to surgery. You do not need to fill this. Only fill this if you have nausea.

Day of your Surgery

- The surgical time is subject to change. Your actual surgery may take place earlier or later than scheduled depending on the flow of the day. Make sure you are available by phone at all times on the day of your surgery. This allows the hospital staff to notify you of these changes