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PATIENT PRE-SURGICAL INSTRUCTIONS

The instructions listed below are meant to serve as a general guideline. They should not be used instead of instructions that have been given to you by your doctor.

1. **DO NOT** eat or drink after midnight the night before surgery. Prescribed medication should be taken with a sip of water.
2. **DO NOT** take any aspirin, aspirin compounds, or anti-inflammatory medications beginning one week (seven days) prior to surgery such as aspirin, ibuprofen, Motrin, Advil, Naprosyn, Aleve, vitamin-e, St. John's Wort, ginkgo, and ginseng. You may take Tylenol.
3. **DO NOT** drink any alcoholic beverages beginning one week (seven days) prior to surgery. **NO EXCEPTIONS!**
4. **DO NOT** bring valuables with you on the day of surgery.
5. **DO NOT** wear contact lenses, facial lotion, make-up, hair pins, nail polish, or jewelry on the day of surgery. Try to wear a front-button shirt; no pullovers.
6. If you develop a cough, cold, or fever, please call your surgeon as soon as possible prior to surgery. Your surgeon may need to see you and evaluate your condition.
7. If you live alone, please make arrangements for someone to stay with you on the first night after surgery or to have someone available to call if you need help.
8. Please make arrangements to have someone take you home after your surgery. You cannot drive after receiving anesthesia. The hospital requires an adult escort to take you home after surgery.
9. If you have any questions regarding these instructions, please contact the office (212) 472-1300.