

PREOPERATIVE SURGICAL GUIDELINES

What Can I Eat or Drink Before Surgery?

- Clear Liquids
Stop clear liquid intake at least 4 hours before surgery. Examples of clear liquids include, but are not limited to, water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee. Coffee with *milk, creamer, or any other additive* is considered a solid food, ***not*** a clear liquid. These liquids should not include alcohol.
- Solid foods
Solid foods and non-human milk should not be taken 6 hours or more before surgery. Heavy foods such as fried or fatty foods should not be taken 8 or more hours before surgery.
- Small children
For our young patients, they should stop taking breast milk 4 or more hours before their procedures. Infant formula should not be given 6 or more hours before surgery.

Things To Remember

- Make arrangements to have someone drive you to, and from, your surgery. You will likely need someone to assist you in driving for at least a week after surgery.
- If you live more than 30 miles from our office, you should plan on staying in Plano with friends, family or in a hotel for 2-3 days following surgery.
- Arrive for your surgery in loose, comfortable clothing. Your top should button or zip rather than pull over your head.
- Having someone stay with you on at least the first night after your surgery is highly recommended.
- Be sure to fill your prescriptions before your surgery since it means one less thing for you to worry about afterwards. Take the vitamins and antibiotics until your supply is exhausted; the prescriptions need not be refilled.
- If you are a smoker, you should not smoke for at least 2 weeks prior to surgery and 2 weeks after surgery. Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.
- Wash your hair and body with over the counter disinfectant soap (Hibiclens or the like) the night before surgery and the morning of surgery.



What Medications Can I Take Around the Time of Surgery?

Some medications can contribute to bleeding and bruising. It is very important that you tell Dr. Verret about any medications, supplements, herbs, or over the counter formulations that you are taking before surgery. We have compiled a partial list of over the counter medications which should be avoided and we will provide this for you. Common prescription medications which should be discontinued include Aspirin, Naproxen, Coumadin (Warfarin), Plavix (Clopidogrel), Ticlid (Ticlopidine), Persantine (Dipyridamole), and other pain medications including NSAIDs. Before discontinuing any of these medications, please consult with Dr. Verret. He may ask that you obtain clearance from your primary care provider or physician who prescribed the medication to be certain that you are safe while not taking the medications. Your safety is our primary concern. Dr. Verret or his staff will also go over with you which medications you should take on the morning of surgery.

Taking Prescribed Medication

You will receive the prescriptions for the medications you need before surgery. Dr. Verret may ask you to take some of these medications on the night before and possibly the morning of surgery. Please be aware of this. On the morning of surgery, you can take your medications with a small sip of clear water without a problem.

Some of the medications can cause nausea and possibly dizziness. Please be aware of these possible side effects and make appropriate arrangements including not driving. Some of the medications may be effected by food and the pharmacy will identify these medications for you. If not specifically prohibited, it is best to take the prescription medications after eating a light meal.

Return to Normal After Surgery

If your surgery involves any type of anesthesia, you can expect to be tired for the remainder of the day. Take it easy. You should try to drink liquids and eat only a light snack the first night after surgery. After this, you can return to your normal diet as your are able. Remember – it is not a big deal not to eat for a few days, but not drinking for 6 hours can become a problem.

Remember

If you have any questions at any time, do not hesitate to call. We do not like surprises and would much rather hear about a small annoyance before it becomes a big problem.

