

Pre and Post-Operative Instructions

- Pre-operative blood tests should be done 5-7 days before your scheduled surgery day.
- The surgical facility will call you the day before your surgery to tell you what time to arrive.
- Do not take aspirin within seven (7) days of your surgery. Do not take ibuprofen, Motrin, Aleve, or other NSAIDs within two (2) days of surgery.
 - You can use Tylenol for any preoperative aches and pain.
- Take any heart medications (except water pills) and/or thyroid medications the morning of surgery with a sip of water.
- Do not take any other supplements or medications by mouth the morning of surgery unless you are specifically told to do so by your doctor.
 - You can resume your other medications/supplements the day after surgery.
- If you suffer from asthma or COPD, use your inhalers the morning of surgery and bring them with you to the surgical facility.
- No eating or drinking within eight (8) hours of your surgery.
 - You may resume your normal diet as tolerated after your procedure.
- Someone will need to drive you to and from the surgical facility.
 - Also arrange for someone help you around the house the first day after surgery.
- For the first two (2) weeks after surgery:
 - Do not elevate your heart rate with exercise or strenuous activity
 - You can go up and down stairs and take slow walks each day
 - Try to avoid picking anything off the floor or carrying more than a gallon of milk (10lbs)
 - Do not drive
 - Do not insert anything in your vagina (sex, tampons, douching)
 - Do not soak in water (swimming pool, bath tub, etc.)
 - You can shower as of the next day

Call our surgery scheduler at 951-600-7322 if you have any questions or if you need to reschedule any of your appointments.