



Adult Outpatient Surgery Pre-operative Instructions

- **Clearance from your main physician will be required if:**
 - You have health condition(s) that require regular monitoring
 - You take blood thinners prescribed by a doctor
- **Over-the-counter meds:** Two weeks prior to surgery, please stop taking:
 - Aspirin or Aspirin-like products including: Advil, Motrin, Aleve, Ibuprofen, Naproxen, Bufferin, Alka-seltzer.
 - Herbal remedies and multi-vitamins such as Vitamin E, Garlic, Ginseng, Gingko Biloba, etc.
- **Prescription Blood Thinners:** The Prescribing physician must determine date to discontinue medications prior to surgery. These medications can be re-started the day after surgery.
- **Do NOT eat or drink ANYTHING for 8 hours prior to surgery**
 - Prescription medications that do not thin the blood can be taken the morning of surgery with a small sip of water
- **Date/Time/Hospital**
 - Our surgical coordinator will inform you of the date and location of your surgery; exact time of the procedure will be at the hospital's discretion and will usually be determined the day before. Please keep in mind that the hospital will ask you to arrive up to one to two hours before the planned time of surgery.
- **After your surgical procedure:**
 - Please arrange for a driver to take you home
 - Please arrange between 2 to 7 days off from work, depending on the nature of your job and type of procedure you will be having
 - An instruction sheet regarding post-operative care will be given to you. You will have a chance to discuss these instructions with Dr. Hidaji.
 - Our office will contact you shortly after surgery to check on your progress and to schedule your first post-operative appointment 1-2 weeks following surgery.

Please call us at 901-754-3937 if you have any questions about your surgery.

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Patient/Guardian	Date	Witness	Date