



Each specific surgeon and particular procedure may warrant slightly different pre and post-operative instructions. While you will obtain this specific information directly from your surgeon, the following can be applied universally.

### **HELPFUL TIPS TO PREPARE FOR SURGERY**

- Confirm your arrival time and transportation PRIOR to the evening before surgery. Please do not hesitate to call if you have forgotten or misplaced any instructions. This will avoid delays on the morning of surgery.
- Have all prescriptions filled in advance and bring them with you on the morning of surgery.
- Avoid SMOKING. Smoking may compromise your healing and your final result. If this is an issue, please discuss it with your surgeon
- Relax and do not drink alcohol or caffeine for three days prior to your operation. Try to limit your salt intake as well as this may add to post operative swelling.
- Shop for supplies in advance. See the following post-operative diet suggestions to create a list of some items you may want available when you return home.

### **POSTOPERATIVE DIET SUGGESTIONS**

**Each specific surgeon and particular procedure may warrant slightly different post operative instructions. While you will obtain this specific information directly from your surgeon, the following can be applied universally.**

- DRINK PLENTY OF LIQUIDS: juices, Gatorade, Kool-aid, decaffeinated tea.  
-only drink water in addition to other liquids.  
-citrus juices may irritate stomach
- Good nutritious foods are very important in the healing process and will help you feel stronger sooner. Soft foods are best to start with.

**SOME SUGGESTIONS:**

High protein, high calorie foods. This may include protein shakes (non-dairy if you're having nasal surgery). Baked or mashed potatoes, creamed vegetables, jelly or pudding, apple sauce, bananas, canned fruit or tuna fish, eggs, oatmeal, cream of wheat, any type of baby food, warm soups (low salt).

- **NO SMOKING**            **NO ALCOHOL**
- NO diet foods. NO diet drinks.  
-Your body needs the calories for proper healing.
- NO aspirin or aspirin products (Motrin, Nuprin, Advil, Excedrin, Anacin)
- NO salt. No spicy foods.
- NO heavy or big meals: start small and light and then slowly increase as tolerated.

**Bleeding and Bruising: WHAT TO AVOID**

Aspirin or anything containing aspirin should be stopped 10 days to two weeks prior to surgery. Vitamin E also has a tendency to cause more bleeding and bruising (similar to Aspirin) so avoid this vitamin for 10 days to two weeks before surgery. Anti-inflammatory drugs should also be stopped at least 10 days prior to surgery.

The following is a list of aspirin containing medications and anti-inflammatory drugs. Always check the ingredients of any particular medications to be certain they do not contain aspirin.

- |  |                         |
|--|-------------------------|
| 1) <b>Acetylsalicylic Acid<br/>Tablets</b>                                 | 30) <b>Glepirin</b>     |
| 2) <b>Advil/Alleve</b>   | 31) <b>Ibuprofen</b>    |
| 3) <b>ASA (generic)<br/>(Indocin)</b>                                      | 32) <b>Indomethacin</b> |
| 4) <b>Effervescent Antacid and Pain Reliever</b>                           | 33) <b>Lortab ASA</b>   |
| 5) <b>Alka-Seltzer<br/>Meclofenamate(Mecloman)</b>                         | 34) <b></b>             |
| 6) <b>Alpha Phed Capsules<br/>Acid (Ponstel)</b>                           | 35) <b>Mefenamic</b>    |
| 7) <b>Anacin Analgesic Caplets &amp; Tablets<br/>&amp; Aspirin Tablets</b> | 36) <b>Meprobamate</b>  |
| 8) <b>Arthritis Pain Formula</b>   | 37) <b>Midol/Motrin</b> |
| 9) <b>Ascriptin with Codeine Tablets</b>                                   | 38) <b>Mobic</b>        |

- |  |                 |
|--|-----------------|
| 10) Axotal<br>(Naprosyn)                       | 39) Naproxen    |
| 11) BAC tablets<br>Norgesic/Norgesic Forte     | 40)             |
| 12) Bayer/Bufferin Aspirins – all varieties    | 41) Orphengesic |
| 13) Carisoprodol Compound                      | 42) Oxycodone   |
| 14) Clinoril<br>Percodan/Percodan Demi Tablets | 43)             |
| 15) Contact                                    | 44) Persistin   |
| 16) Damason<br>(Feldene)                       | 45) Piroxicam   |
| 17) Darvon with ASA/Darvon N with ASA          | 46) Robaxisal   |
| 18) Diclofenac (Voltaren)                      | 47) Roxaprin    |
| 19) Diflunisal (Dolobid)<br>Compound           | 48) Soma        |
| 20) Di-gesic improved<br>(Clinoril)            | 49) Sulindac    |
| 21) Dolpron #3                                 | 50) Supac       |
| 22) Easprin<br>Capsules                        | 51) Synalgos DC |
| 23) Ecotrin                                    | 52) Talwin      |
| 24) Empirin with Codeine<br>(Tolectin)         | 53) Tomerin     |
| 25) Equagesic Tablets                          | 54) Vanquish    |
| 26) Excedrin Extra Strength                    | 55) Zorprin     |
| 27) 4-way Cold Tablets                         |                 |
| 28) Fiogesic Tablets, Caplets                  |                 |
| 29) Fiorinal Capsules, Tablets                 |                 |

## **ABSOLUTELY NO DIET PILLS 2 WEEKS PRIOR TO SURGERY**

These commonly used supplements can jeopardize your surgery and interfere with your anesthesia. They MUST BE discontinued two weeks prior to surgery.

**Vitamin E**

**Omega Fish Oil**

**Flaxseed**

**St. Johns Wort**

**Yohimbe (the natural Viagra)**

**Licorice Root**

**Gingko Biloba**

**Ginger, garlic, cayenne and bilberry**

**Ginseng**

**Melatonin**

**Echinacea**

**Aloe**