

General Pre-Op Instructions

- If you have been prescribed Valium – please bring the medication to your appointment. Do Not take the medication in advance of coming into the office. After taking Valium, you will not be allowed to drive for 6 hours. Please plan on having someone drive you home after your procedure, or we will escort you to a taxi-cab outside the building – for your ride home.
- STOP taking the following medications/supplements 2 weeks prior to your procedure. Taking any of the following medications/supplements can increase your risk of bleeding and other complications:
 - Aspirin and medications containing aspirin
 - Ibuprofen and anti-inflammatory agents
 - Vitamin E
 - St John's Wort
 - Garlic Supplements
 - Green Tea or green tea extracts
 - Estrogen supplements, birth control (some estrogen supplements and birth control may increase your risk of developing blood clots post surgery please check with your prescribing physician for proper pre surgery medication instructions)
- Prior to your surgery taking Tylenol or Acetaminophen in moderation is allowed.
- It is advisable to purchase the following items for use at home, following your procedure.
 - Sterile 4x4 Gauze pads
 - Neosporin Ointment
- If there is any change in your health status at all (cold symptoms, rash, change in blood pressure, etc..) it is imperative that you notify our office staff immediately – as this could affect the outcome of your surgery. It is also VERY important that you call our office if you begin taking any new over the counter or prescription medications, as this could also affect the outcome of your surgery.