

## PRE-OPERATIVE INSTRUCTIONS

In general, most patients will have received detailed instructions from Dr. Lundquist and/or his staff prior to surgery. Those instructions are the ones you should follow whenever possible. The purpose of this paper is to give general instructions and information that may be helpful in addition. If you have any questions be sure to contact the office and talk to someone to have those questions answered before your scheduled surgery. Failure to follow all the “rules” may result in having to cancel your surgery.

1. Be sure that you know the date of your surgery, the time you need to arrive, the location of your surgery, and the place you need to go at that location. Call the office if you have questions.
2. Be sure that you know what procedure you are having done. The last minute is not the time to be changing your mind. If you have any questions at all about your surgery you must have them answered beforehand. Dr. Lundquist is particularly concerned that you understand your options, your risks, and the expected benefits of any surgery that he is to perform. He would rather cancel your procedure and meet with you again in the office to be sure that you are comfortable with your decision. Of course, he would also appreciate that you make this decision well in advance of your surgery, so that if you have to cancel, someone else can be scheduled in that spot.
3. If you are having a general anesthetic (“asleep”) or sedation anesthesia you need to have a pre-operative exam completed before your surgery. Most often this is done by your primary care doctor. You should ask at the time of that visit that the results be sent to the facility where your surgery is scheduled.
4. Again, if you are having general or sedation anesthesia you must not eat or drink **anything** 6-8 hours prior to surgery. This includes water. In specific cases, necessary medicines are allowed with just a sip of water, but this is only for critical medications. Ask if you have questions. In general, diabetic patients on insulin should take ½ the morning dose. Again, ask if you have questions.
5. Depending on the procedure and the anesthesia you may need someone to drive you home and stay with you for 24 hours after surgery. This is almost always a rule of the facility. Even if only local anesthesia is used, you still may be safest to have a driver to bring you home. Especially if your surgery involves the eye region or other “sensitive” regions you might be best off with some assistance. Use your common sense.
6. Wear comfortable and appropriate clothing. You may need to remove some or all depending on your procedure. Don’t wear tight fitting clothes that are difficult to pull over your head or otherwise put on. Plan for bandages that may be required and may be fairly bulky.
7. Don’t bring unnecessary jewelry, money, or other valuables that may be lost.

8. If your surgery involves the face or head area you may not want to use a lot of make-up or hair products. The surgical site will need to be washed and prepped, and it is easier if the area is already fairly clean. Similarly, if your surgery is going to be on your body, you can shower or bathe the day or two before and wash the particular area a second time to help reduce the numbers of bacteria on the skin.
9. Bleeding is an especially concerning complication after most surgeries. If you have any problems with “easy bleeding” or any others concerns you must discuss them with Dr. Lundquist before surgery. Many medicines aggravate or increase the risk of bleeding. The most common culprit is aspirin. It is found in MANY different products, and you must be aware if you are taking anything containing aspirin. In general, you should stop or reduce aspirin intake 2 weeks before any procedure. This general caution must be compared to the risk of stopping your aspirin, however, and you should discuss this with Dr. Lundquist. And, yes, baby aspirin IS aspirin! Similarly, many patients are on other types of “blood thinners” or herbal medications that must be adjusted or stopped prior to surgery. Herbal medications can also cause a lot of trouble with anesthesia and must be stopped 2 weeks before surgery. Please look at the information on the Medication and Supplement Alert List on this website. Often Dr. Lundquist will work with your primary doctor to decide if and when you must adjust these medications.
10. When planning your surgery, it may be wise to plan ahead for the first few days after your procedure as well. Patients will often need a few days of “liquids” or other light foods after anesthesia, especially. Depending on the procedure, you may need to adjust your sleeping arrangements as far as pillows, stairs, etc. You may want to anticipate the need for ice packs, crutches, or other items. Again, use your common sense to anticipate any of these special needs.
11. In almost every case you will need to make an appointment to be seen after your surgery. We try to make this as convenient as possible, but in some cases the timeframe is determined by the procedure. Bandages must be checked, stitches need to be removed, etc. Anticipate this follow-up appointment as you are thinking through all your surgical plans.
12. Costs for surgery will have been discussed with you. The surgeon’s fee for cosmetic surgery must be paid 2 weeks in advance. The costs of the facility, anesthesia, etc. for cosmetic surgery will be due at the time of your procedure.
13. If you “get sick” prior to surgery, it may be best to postpone and re-schedule. It is impossible to cover every situation here. You must use common sense. Mild or minimal “sniffles” and the like are maybe not too important. If others around you have been pretty sick and you are showing similar symptoms, it might be wise to assume you are also coming down with a serious illness. The best answer is to call our office or your primary care doctor if you have questions. Do this as soon as the situation arises so that you have some time to make alternative arrangements.
14. In general, the Boy Scout’s motto is applicable: “Be prepared.”