

NICHOLAS J. AVALLONE, M.D.

www.dravallone.com

Preoperative Instruction Sheet

Aspirin/Anti-inflammatories

Please stop all aspirin products one week before your surgery. If your primary care physician or internist has placed you on this medication for any reason, please alert them that you will be stopping the aspirin.

Stop all anti-inflammatories (Advil, Aleve, Ibuprofen, etc.) four days before your surgery. If you are unsure what you are taking, please consult our office or your primary care physician and speak with the Doctor or PA.

Dietary Supplements/Herbal Supplements

Please stop all supplements one week before surgery. This would specifically include Vitamin E and Echanasia. These could potentially cause problems with bleeding. Please call the office if you have any questions.

Other Medications

You should take all vital medications that your primary care physician has given you. These include medications that are for high blood pressure, cholesterol, diabetes, asthma, etc. You should take these the morning of your surgery with a small sip of water.

Food

Please DO NOT eat or drink (even water) anything after midnight the night before your surgery. Even if someone from the hospital or surgery center calls and says it is okay to do so – please do not. If you need to take medication the morning of your surgery, you may take a sip of water only.

Alcohol

Do not drink alcohol or take any other mind-altering substances the night before your surgery.

Braces/Crutches

Bring all braces, crutches or any other equipment your Doctor has given to you on the day of your surgery.

MRI/X-rays

Please bring all films that you have in your possession to the hospital on the day of your surgery. If your films are in our office, we will bring them on the day of your surgery.

Transportation

You must have someone with you to escort you out of the hospital/surgery center to home. You should not drive yourself home after surgery.

Jewelry/Hair Accessories

Do not wear any jewelry the day of your surgery. This includes wedding rings and/or any body piercing. You can wear an elastic hair tie as long as it does not contain metal. No barrettes or bobby pins are allowed.