

Louis balsama DO or Kathy McKeever 856-589-0600

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Pre and Post-Operative Instructions

Pre-operative Instructions

- ❖ **Schedule the Pre-op class – MANDATORY**
- ❖ **Schedule pre-admission testing**
- ❖ Start Pre-op diet 2 weeks prior to surgery. Stop all aspirin and NSAID products like Celebrex, Excedrin, Aleve, Motrin, Ibuprofen, and Naproxin 7 to 10 days prior to surgery.
- ❖ Stop all vitamins, fish oils and herbal supplements 7 to 10 days prior to surgery.
- ❖ Consider stopping estrogen products like birth control pills one month prior to surgery.
- ❖ Hydrate well during your Pre-op diet by consuming at least 2 quarts of calorie-free, caffeine-free beverages. Consider adding Benefiber to protein drinks if drink doesn't contain fiber.
- ❖ Remember to create your vision and feet alphabet
- ❖ Stop smoking one to two months prior to surgery.
- ❖ Nothing to eat or drink after midnight the night before surgery.
- ❖ The day before surgery, consume protein drinks, full liquids, and other hydrating beverages.

Post-operative Instructions

- ❖ Start vitamins only after you have seen Dr. Balsama after surgery.
 - ❖ Start stage 2 only after you have talked to Chris
 - ❖ Start stage 3 only after instructed by us.
 - ❖ Try to consume at least 1 quart or more of hydrating beverages by 2 weeks post-op and 2 quarts by 4 weeks post-op.
 - ❖ Continue to use the Incentive Spirometer during your first week at home.
 - ❖ Continue to do your 'feet alphabet' your first week at home.
 - ❖ If nauseous, use acupressure
 - ❖ Take Lovenox for 14 days
 - ❖ Walk as much as you can tolerate. Drive only once cleared by us.
 - ❖ No lifting more than 15 to 20 pounds.
 - ❖ You can shower once home from the hospital.
 - ❖ You can resume sexual activity when comfortable or by 2 weeks post-op.
 - ❖ Call surgeon's office for temperature greater than 101.
 - ❖ Call 911 if you experience chest pain or sudden shortness of breath.
 - ❖ Call office to schedule post-op visit with surgeon and nurse for your post-op visit.
 - ❖ Call and schedule a visit with primary care doctor for medication adjustment
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- **If having reflux/heartburn, can use Prilosec OTC**
 - **If constipated, can use Milk of Magnesia**
 - **If gassy, can use Gas-X**

Name _____ Surgery Date _____