

**ROYAL OAK SURGICAL ASSOCIATES, P.C.**

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SURGICAL DATE: \_\_\_\_\_

**PREOPERATIVE INSTRUCTIONS**

PLEASE CALL WITHIN 24 HOURS OF DISCHARGE FOR POSTOP APPOINTMENT

1. Please inquire with your doctor regarding any medication that can cause bleeding to get details involved with stopping it for a surgical procedure (Plavix, Coumadin, Eliquis, Pradaxa). **Seven (7) days prior to your surgery, AVOID aspirin and NSAIDS or Ibuprofen** products (Motrin, Advil, Aleve, Naproxen, Meloxicam) as well as most herbal medicines, Fish Oil, Omega 3 and Vitamin E. **Tylenol is fine.**
2. **Certain GLP-1** (Ozempic-Semaglutide, Trulicity-Dulaglutide, Mounjaro-tirzepatide, Byetta, Bydureon-exenatide, Zepbound) **and SGLT-2** (Jardiance-empagliflozin, Farxiga-dapagliflozin, Invokana-canagliflozin, Steglatro-ertugliflozin, Brenzavvy-Bexagliflozin, Inperfa-sotagliflozin) **medications should be held for a full seven (7) days before surgery.**
3. Do not drink any alcoholic beverages 48 hours prior to surgery. Do not smoke cigarettes after midnight the day before surgery.
4. Do not eat any solid foods (including gum and hard candy) **after 10 p.m the night before surgery.** You may continue to have clear liquids **ONLY** up to two (2) hours prior to your arrival time. Clear liquids are limited to water, flavored water, apple juice and black coffee, black tea (no cream or sugar) . Anesthesia personnel may cancel your surgery if instructions are not followed. **\*\*If you take a GLP-1 or SGLT-2 medications you must be on clear liquids ONLY for twenty-four (24) hours prior to surgery\*\***
5. If you are diabetic and feel your blood sugar is too low on the day of surgery, you may use glucose (sugar) tabs or table sugar. If it is more than 2 hours prior to your arrival or 4 hours prior to your surgery time you may drink small amounts of clear fluids.
6. **DO NOT SHAVE SURGICAL SITE.** Shower with over-the-counter **Antibacterial soap** (Dial) the **night** before and the **morning** of your surgery with a fresh towel each time to help reduce the risk of skin infections. Do not wear any makeup, lotions, or jewelry to the hospital. Leave all valuables at home.
7. Please contact the office if you develop any cold or flu symptoms, including any fevers.
8. You must have a responsible adult companion accompany you on the day of surgery and drive you home after surgery. You **will not** be allowed to drive a car if you have had sedation. Any minor must be accompanied by a legal guardian.
9. You will receive three phone calls from the hospital staff prior to your surgery:
  - Registration:** 7-14 days before surgery (248-577-3386) – insurance & general information
  - Anesthesia Pre-screening:** 2-10 days before surgery (947-522-3800) – medical history
  - Scheduling:** Afternoon the day before surgery (248-898-0606) – Surgery time & entrance

Our office phone is answered **Monday-Thursday 8:00 a.m to 4:00 p.m and Friday 8:00 a.m. To 2:00 p.m.** Our answering service is available after office hours if you have concerns that cannot wait until next business day.

**\*\*IF YOU HAVE ANY INSURANCE CHANGES PRIOR TO YOUR SURGERY DATE, YOU MUST CONTACT OUR OFFICE WITH THE NEW, UPDATED INSURANCE INFORMATION. INACTIVE OR INCORRECT INSURANCE WOULD RESULT IN THE PATIENT BEING RESPONSIBLE FOR THE ENTIRE COST OF THE SURGERY\*\***

**Questions: Call our Surgical Scheduler at (248) 551-8180.**