



PRE-OPERATIVE INSTRUCTIONS

Wash your hair the night before or the morning of your surgery. Please do not add any gels or other hair product after washing and drying your hair.

Eat a meal prior to your arrival to the Surgical Center.

Please arrive at the Surgical Center at your scheduled appointment time.

Wear a shirt or clothing that buttons down the front. Do not wear a T-shirt or clothing that must be pulled over the head.

Bring in a loose fitting baseball cap to wear after surgery, if desire.

Although lunch will be provided, please bring any preferred or special dietary snacks to eat and drink.

While we have a broad selection of current and classic films, we encourage you to bring your favorite videos and/or DVDs to watch during your surgery. We will be happy to play those for you along with any in our library that you wish to view.

Please refrain from taking any of the following medications and/or vitamins prior to surgery for the time period specified:

ASPIRIN (*or products containing aspirin*)

- for 1 week prior to surgery. (Only Tylenol is permitted.)

VITAMIN E

- for a minimum of 1 week.

(Please note that Vitamin E is present in most multi-vitamins and nuts.)

GINKGOBILOBA

- for 1 week prior to surgery.

Please refrain from doing any of the following prior to surgery for the time specified:

Alcohol Consumption

- for 5 days prior to surgery.

Smoking

- for 5 days prior to surgery.

Caffeine Consumption

- for 5 days prior to surgery.

Strenuous Exercise

- for 5 days prior to surgery.