

## PRE-SURGICAL INSTRUCTIONS

- Do not take any aspirin or any products containing aspirin 7 days prior to the surgical procedure. Please check with your physician before doing this. Also stop taking Vitamin E one week prior to surgery. If you are taking any prescription or alternative (herbal) medicine check with you physician before surgery.
  - If you are taking blood thinning medication ie coumadin, warfarin, or Plavix, check with your physician on when to stop and resume the medication.
  - Patients who are on steroid therapy should discuss their dosage with their physician.
  - Patients with medical conditions (artificial knee and hip replacements, heart valves etc.) that require antibiotic premedication should take the recommended dosage as prescribed by their physician.
- Starting 1 hour prior to your surgical appointment, start your antibiotic if directed. If pre-med is indicated, please follow your customary regimen i.e. 1 hour prior to appointment for Amoxicillin or Clindamycin (if you are allergic to penicillin).
- NO SMOKING within 1 day of surgical appointment. If you can't stop smoking, try to limit smoking until the sutures are removed.
- Eat lightly more than one hour prior to the surgery. Do not come in hungry. Try to eat a starch or sugar such as cereal, bread, muffins or fruit.
- DO NOT DRIVE OR CONSUME ALCOHOL while taking valium, triazolam, Vicoprofen, Vicoden, Tylenol with codeine or any sedative or pain relieving medication for a minimum of 12 hours after the last dose.
- Have ice packs and soft foods ready at home.

PROBLEMS OR CONCERNS: If you have further problems or questions, please feel free to call us:

Dr. Rustin Levy at office: (202) 524-4863 on cell (301) 807-9891