

ALBUQUERQUE SURGICAL

consultants

Preparing for Surgery

Before surgery, it is important that you tell Dr. Morris and her staff which medications (aspirin, any over-the-counter drugs, including remedies and herbal products) you take on a regular basis, any medication/drug allergies you have and any current health problems.

Two weeks prior to surgery, stop taking blood thinners like aspirin (and any medications containing aspirin), Motrin and Advil.

These medications can increase the risk of bleeding. However, you may use *Tylenol*. If you take *Coumadin* or *Heparin*, Dr. Morris or her nurse will instruct you on when these should be stopped. Also, please discontinue all *herbal products (remedios)* at least two weeks before surgery.

The Day before Your Surgery

1) Do not eat or drink anything after midnight.

Breakfast is not allowed. Not even a cup of coffee or water is permissible. If you take *heart or blood pressure medication*, take your usual morning dose with a very small sip of water. If you take *insulin for diabetes*, take $\frac{1}{2}$ of the usual morning dose. If you use *asthma inhalers*, use them as you normally would and bring them with you to the hospital.

2) Shower with an antibacterial soap, like Dial, the evening before or the morning of your surgery.

3) Wear loose comfortable clothing and leave your jewelry at home.

4) You may be scheduled for a pre-op appointment with Dr. Morris if more than 1 month passes between your last visit and the day of your surgery.

Please contact our nurse at **(505) 998-SURG or toll-free (877) 998-7874** if you have any questions during the days before your surgery.

The Day of Your Surgery

Arrive at the hospital 2 hours before your surgery is scheduled, unless otherwise instructed. If you live far away, you may want to consider staying closer to the hospital the night before. This extra time is necessary to make sure all of the necessary forms and lab tests are completed. You will also get a chance to meet with the anesthesiologist.

It is difficult to estimate exactly how long a surgical procedure will take. Schedule changes in the operating room can sometimes make an operation seem longer than it really is. However, if there is a significant delay after surgery, someone will let you know what is going on and will also alert anyone waiting for you.