

PRE-SURGERY CHECKLIST

WHEN	What
APPROXIMATELY THREE to FOUR WEEKS PRIOR to surgery.	MEET WITH your FAMILY DOCTOR (PCP) FOR A PRE-OP EXAM. At a minimum your pre-operative exam should include: ☐ History and physical. ☐ Blood work. ☐ If you have heart problems or if you are age 65 or older, you will also need an EKG. ☐ A chest X-ray may also be required. Paperwork for your doctor is included in this packet. I need to have <u>your results back to me no later than 5 days</u> before surgery, or your surgery may be canceled. If there is a delay in this, please let me know.
ONE WEEK PRIOR to surgery	<u>URGENT!!!</u> ☐ Stop taking Vitamin C one week prior to surgery.
FIVE DAYS PRIOR to surgery. <i>*Discuss any aspirin-like drugs with your doctor.</i>	<u>URGENT!!!</u> ☐ Stop all aspirin and/or blood thinners 5 days prior to surgery. NOTE: Drugs similar to aspirin* include Motrin, Indocin, Plavix, Ibuprofen & Advil. ☐ Always tell your doctor if you have had a heart stent since there may be additional risk from stopping aspirin.
THE NIGHT PRIOR to surgery.	<u>URGENT!!! You may not eat or drink anything after midnight the night before surgery.</u> ☐ This means <u>nothing!</u> No water, mints, gum, coffee, etc. after midnight the night before surgery, and the day of surgery itself. ☐ <u>The Only Exception:</u> You may take any medication that need to be taken in the morning, for example, blood pressure or heart medicine, with enough water to get the pill or pills down. All other medication should wait until after your surgery.
TWO WEEKS AFTER surgery	You can start taking Vitamin C again.
QUESTIONS?	If you have any further questions or concerns, please call so we can discuss them together for a successful surgery. ☐ St. Vincent's Office: Office Phone #503-297-4718 ☐ Downtown Office, Office Phone #503-228-6681