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## PREOPERATIVE INSTRUCTION In-Office

1. No alcohol should be consumed for 72 hours before or after surgery. No aspirin or aspirin containing medications should be taken for 2 weeks before or after surgery. Tylenol products are OK.
2. It is OK to eat a light meal. Avoid caffeine and large quantities of fluids before your procedure.
3. Dress in clothes that are easy to get in and out of. We suggest button-down-the front, washable items.
4. For your protection, please leave all valuables and jewelry at home.
5. Please arrange for someone to drive you home when discharged if you are having any sedation.
6. A member of the office staff will discuss post-operative activity with you.
7. Pre-operative medications may be resumed immediately following surgery, with the exception of aspirin, aspirin containing medication, Motrin, Advil or Nuprin, which should not be resumed for two weeks following surgery.
8. If you are given prescriptions for antibiotic and pain medication, it must be filled before the day of surgery. The antibiotic must be started the day before surgery and taken as prescribed.
9. Shower the evening before and the morning of your surgery. We recommend washing with an antibacterial soap such as Hibiclens, which can be purchased over the counter at any pharmacy. It is a good idea to use this soap in place of your regular soap as this helps cut down on skin bacteria.
10. DO NOT USE ANY LOTIONS AFTER SHOWERING!!!
11. Please bring your garment (If instructed).
12. If there are any questions or problems, please call the office at (480)614-3535

DATE OF SURGERY: \_\_\_\_\_  
ARRIVAL TIME : \_\_\_\_\_