

	<u>Pre and Post Care Instructions</u>	
Day(s)	Instructions	Additional Information
7-14 Days Before Surgery	Stop NSAID Medications*	*See Medication Precaution List
	Stop Asprin Medications*	Call us if you have any questions
	Stop Herbal Supplements*	
1 Day Before Surgery	Drink extra water and or juice	Through out the day
Night Before Surgery	Take SinEech Orange/Peach Pre-Op Tablet PM	Take 15 minutes before or after meal
	Have snack before going to bed	
	Nothing to eat or drink after Midnight	
Night Before or Morning of Surgery	Shower/bathe, Shampoo, Shave, Brush Teeth;	
	No lotions or moisturizers; deodorant OK	
	Do not wear make-up. No mascara.	
	Do not wear contacts - Wear glasses	
	Please leave ALL jewelry and other valuables at home.	
	Remove ALL piercings.	
Day of Surgery Prior to Arrival	Wear clothes that are warm, comfortable and easy to get on and off.	
	If instructed wear support hose	
	Take pre-sedative, Halcion 30 minutes before appointment with a sip of water.	Halcion is prescribed for surgeries only done in the Clinic Surgery Suite; Not for River Road Surgery Center.
Arrival at office	Caregiver should assist you into office and with check-in.	
	Caregiver should stay with you until given permission to leave office.	
	We will need caregiver's phone number if they choose to leave .	
	Caregiver must return at requested time.	
	If caregiver leaves office, please check in with Reception upon your return.	
	Caregiver is welcome to stay in the waiting area.	

Returning Home after Surgery	Have patient get comfortable in recliner, couch or bed.	
	Keep head elevated to 30 to 45 degrees in recliner or with several pillows.	
	Apply cold compresses for the first 12 hours.	20 minutes on - 20 minutes off
	Encourage patient to drink fluids	water, juice, ginger ale, gatorade
	Encourage patient to eat	soft diet initially and gradually solid foods
	Take prescribed medications as directed and Pain medication as needed.	
	If patient needs to take pain medications, take with food.	
	Take 1 SinEcch tablet -3-6 hours after surgery and one before bed.	15 minutes before or after food/fluids
	For the rest of the SinEcch tablets, take as directed.	
	Check on patient regularly to see how they are doing.	Patient should not drive for 24 hrs
	Patient may be drowsy for 12-24 hours.	
	Patient may seem alert and capable but they are not.	
	Sleep elevated for at least one week.	
General Instructions	Patient should not drive if taking prescription pain medication.	
	No alcohol for 24 hours after surgery.	
	Do not consume alcohol if taking pain medications.	
	Pain medications can cause nausea or stomach upset. They are best taken with food.	
	When you feel your discomfort can be managed with non-prescription medication we recommend Acetaminophen (Tylenol).	
	If tape (steri-strip) is placed over the incision line(s), please leave the tape undisturbed until your next visit.	
	You may shower and wash near the incision site(s) or area.	
	Avoid tugging or pulling on incision site(s) or area(s).	
	After washing, gently pat dry and apply ointment if prescribed.	
	Avoid applying make-up for 7-10 days.	
	Limit sun exposure. Use Broad-spectrum Sunscreen SPF 30 or higher.	
	Review and follow the specific procedure instructions you received.	
	Call 503-581-1567 if you have questions or concerns.	