

# PRE-OPERATIVE INSTRUCTIONS



## *Montgomery Brain & Spine*

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### **Before your surgery there are several points we would like you to keep in mind.**

Notify Dr. Amini if there have been any changes in your condition or medications since your last visit.

### **MEDICATIONS**

On the morning of surgery, you may take any heart medications, seizure medications or blood pressure medications on your usual schedule with a sip of water.

**ONE WEEK** prior to surgery, stop taking any blood thinning, anti-inflammatory or anti-platelet medications such as: aspirin, ibuprofen (Advil, Motrin), Naprosyn (Aleve) warfarin (Coumadin), Ticlid, Plavix, ketoprofen, ketorolac, indomethacin, Vitamin E supplements or Garlic supplements one week prior to your surgery.

Stop taking Lovenox **24 hours** prior to your surgery.

Be sure to discuss this with the physician prescribing these medications to you. If you are unsure whether or not you should be stopping a medication, please call our office.

If you are diabetic, do not take your insulin the morning of surgery.

### **FOOD & DRINK**

**Do not eat or drink anything after midnight prior to coming to the hospital for surgery.** This is to avoid the risk of vomiting, which could cause stomach contents to be breathed into the lungs during surgery.

### **GENERAL**

Remove all jewelry, nail polish and piercings. Do not wear contact lenses, body powder, creams or hair pins.

Do not smoke or drink alcohol the week prior to your surgery.

You should shower using an antibacterial soap such as Dial Antibacterial.

On the day of your procedure, do not shave in the area that you will be having surgery.

If you have a cervical or lumbar brace, please bring your brace with you to the hospital.

### **INPATIENTS**

If you are going to be admitted to the hospital after surgery, please bring some personal toiletries, slippers, glasses to make your stay more comfortable. Also bring a current list of your medications.

### **OUTPATIENTS**

Wear comfortable, loose fitting clothing and bring a friend or family member who will be able to drive you home.

*Please call our office at 240-678-8341 if you have any questions regarding your surgery that have not been answered.*