



General Preoperative and Postoperative Instructions

Preoperative Instructions

1. Arrive at the Ambulatory surgery Center about one hour before your scheduled surgery time. They will you with the approximate time of surgery the day before your scheduled date. If you do not get a call by noon the day before, call the Ambulatory Surgery Center at (561) 737-7733 ext. 4361, and they will let you know what time to arrive.
2. Do Not eat or drink anything after midnight the night before your surgery.
3. Call us immediately if you develop a cold, fever, or change in physical condition right before your scheduled surgery.
4. Please STOP taking Aspirin, Advil, Aleve, Motrin and other NSAIDs for 7-10 days prior to surgery. (Coumadin, Plavix- per doctor)
5. Please STOP taking nutritional supplements that might interfere with blood clotting such as garlic, ginseng, vitamin E, ginkgo biloba, St. John's Wart, and fish oil.
6. No alcohol for 3 days prior to surgery.

Postoperative Instruction

1. Refrain from strenuous physical activity such as heavy lifting, attending the gym, tennis etc. for at least one week after surgery.
2. Start drinking plenty of fluids and progress to the diet you were originally following preoperatively as quickly as possible.
3. Call immediately with any postoperative bleeding or questions
4. You can remove bandages and shower 48 hours after surgery EXCEPT port, and pacemaker patients.

After surgery, you will have a follow-up visit. This visit will occur 7-10 days after surgery.