



EAST BAY BRAIN & SPINE MEDICAL GROUP

PRE-OP: INSTRUCTIONS

This is a checklist of items to consider and use to prepare for your upcoming elective surgery. It is not meant to be comprehensive but rather as one of several sources to help organize your medical care before surgery.

- Unless otherwise instructed, hold all medications that may thin the blood beginning seven (7) days prior to surgery. Here is a partial list: Coumandin/Warfarin, Aspirin, Nonsteroidal anti-inflammatory medication including Ibuprofen/Motrin, Clopidogrel/Plavix, Apixiban/Eliquis, Rivaroxaban/Xarelto, Heparin/Lovenox, Omega 3 fatty acids
- You will receive a phone call the day prior to surgery regarding timing and logistics
- Beginning at 12:01AM the day of surgery, do not eat or drink
- Take your usual medications (unless they thin the blood) the day of surgery as scheduled (it is okay to use a sip of water to do so)
- Do not wear mascara or false eyelashes the day of surgery. All jewelry should be removed before coming to the hospital.
- Take a shower with regular soap and water the night before and the morning of surgery. Do not shave in the operative area. Please dry your hair
- At discharge, you will need a responsible adult to drive you home. You will still be under the effects of anesthesia. You may not use a taxi or other driving service (i.e. Uber or Lyft).
- Contact our office if you have a cold, fever, chills, burning pain with urinating, or persistent cough within two (2) days prior to surgery.
- Contact our office if you are admitted to the hospital for any reason between your last office visit and the time of surgery.
- Follow instructions from the peri-operative clinic