



PRE-OPERATIVE INSTRUCTIONS FOR SURGERY IN THE OFFICE

You have been scheduled for surgery under the care of your physician Courtenay Poucher, MD. Please read and follow these instructions carefully. If you develop a cold (fever, cough) or any illness before your scheduled surgery, please notify Dr. Poucher immediately and contact our surgery scheduler.

MEDICATION

If you take medications routinely for any condition, please discuss this with the physician and follow his/her instructions. In general, you can take your usual meds with water the morning of surgery. If you do not already, take vitamin supplements to maximize your health pre and post surgery.

Two weeks before surgery or as soon as possible, if less than two weeks, do not take medications that may make you bleed more easily such as:

- Advil
- Aleve
- Excedrin
- Vitamin E
- Coumadin
- Motrin
- Naproxen
- Bufferin
- Ginkgo
- Elmiron
- Ibuprofen
- Aspirin
- Anacin
- Heparin

BEFORE THE DAY OF SURGERY

- A medical assistant will contact you a day to several days prior to your surgery.
- Pre and post-op instructions are reviewed, including medication, restrictions and risks.
- You will not need extensive lab testing before office procedures.
- We do often obtain pregnancy tests as needed. Elective procedures are usually not done if you are pregnant.
- And lastly, please arrange for your transportation and accommodations in advance.
- Have your prescriptions already filled. Start taking the Antibiotics the day before surgery.

DAY OF SURGERY

Please check-in at the office 30-60 minutes before surgery. Do not wear or bring jewelry or valuables with you. Your driver may stay or may leave and return once the surgery is complete.

- A. For morning surgery, have a light breakfast and plenty of water.
- B. Afternoon surgery, have a big breakfast and plenty of water.
- C. It is recommended that you do not smoke at least 12 hours before and after surgery.
- D. Pubic area must be completely shaved.
- E. Use the topical anesthetic cream as indicated for your particular procedure. Bring the bottle into the office with you.
- F. Remove all nail polish. Leave valuables/jewelry at home.
- G. If you have received a prescription for medications to be used after surgery, have it available.
- H. You can take your usual meds with a small sip of water the morning of surgery.
- I. A parent or legal guardian must accompany a minor (under 18) and sign consent.

OUTPATIENT SURGERY REMINDERS

- A. For your safety you will not be allowed to drive. A family member or a friend can drive you home. You can also take a taxi home.
- B. Remember to wear comfortable clothing. After surgery, tight clothing may be uncomfortable and could cause difficulty in getting dressed. Boxer shorts and low-heeled shoes are recommended.
- C. For the first 24 hours after surgery, you should not:
 - 1. Drive an automobile
 - 2. Drive alcoholic beverages
 - 3. Make important decisions
 - 4. Exercise
 - 5. Travel on an airplane
 - 6. Sit for prolonged periods of time

Be sure to follow all your discharge instructions and make a follow-up appointment as instructed.

If you have any questions/concerns regarding your procedure and wish to speak to a nurse or surgeon, please contact us well in advance of your scheduled surgery.

Remember, surgery may be cancelled if:

- A. You do not follow eating instructions
- B. You arrive late
- C. You are pregnant
- D. You are ill.
- E. Your fee has not been paid.