

## RECOMMENDATIONS BEFORE

# YOUR SURGERY

Make sure you have not taken (8 days before) anti-inflammatory medication (acetylsalicylic acid or effervescent), or anticoagulant such as warfarin. Consult your doctor 15 days before surgery for instructions on changes to these medications.

- Try to stay calm the night before surgery.
- Avoid smoking a month before and drinking alcoholic beverages a week before surgery.
- If you have flu, fever, pimples, hives or any skin lesion that is oozing, contact the Surgery nurse or your surgeon promptly. This could be a reason for cancellation or rescheduling.
- Do not shave or wax the area to be operated on 3 days before surgery.

## Note

Ask the Nursing staff for specific preparation instructions and confirm your surgery details.

PATIENT AND FAMILY EDUCATION PROGRAM

[www.valledelili.org](http://www.valledelili.org)

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