

Evening before/ morning of surgery

- Take 1st dose of antibiotic the evening before and the 2nd dose morning of surgery.
- If provided with Hibiclens, use in the shower the evening before and the morning of surgery.
- Remove any nail polish; don't wear any make-up or deodorant the day of surgery.
- Nothing to eat or drink after midnight the evening prior to your procedure
 - this includes chewing gum
- Bring your prescription medication with you the day of surgery.
- Bring surgical bra/garment if you purchased one

- Arrival date and time: _____

After Surgery

- Take two Extra Strength Tylenol (325 x 2= 650mg) every 6 hrs for 7 days (pain or no pain)
- Oxycodone 2 tabs every 4-6 hrs as needed.
- If applicable, Flexeril 1 tab every 6 hrs for spasm.
- Apply Arnica gel if you have been advised to do so at least twice daily.
- Colace/Senna/Miralax as needed to prevent constipation (if taking narcotics)

COMMON MEDICATIONS ASSOCIATED WITH POST SURGICAL COMPLICATIONS

- **Aspirin or salicylates** (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin, CMT, Tricosal, Trilisate)
- **NSAIDS** (Ibuprofen, Advil, Motrin, Naproxen, Daypro, Nuprin, Celecoxib, Celebrex, Diclofenac, Voltaren, Etodolac, "profen" Meloxicam, Mobic)
- Nabumetone (Relafen)

Blood Thinners

- Coumadin (Warfarin sodium)
- Plavix (Clopidogrel)
- Ximlagatran (Exanta)

Herbal Supplements, etc

- Coenzyme Q 10, Dong Quai, Echinacea, Ephdra
- Fish oil, Garlic supplements, Ginko Biloba, Ginger, Ginseng, Green Tea, Kava Kava, Red Wine (daily not ideal) Saw Palmetto, St John's Wort, Valerian
- Vitamin E Supplements
- Vitamin C (large dose)