

Mark D. Wigod, MD, PA / Meadow Lake Surgery Center

PRE-SURGERY INSTRUCTIONS

Surgery Date: _____ Surgery Arrival Time: _____

TWO WEEKS OR MORE BEFORE SURGERY

Medications

BRING ALL YOUR PRESCRIPTIONS WITH YOU THE DAY OF SURGERY: Pick up Rx as soon as ready to ensure you have them at least five days before surgery.

The following prescriptions will be sent electronically to your pharmacy:

- Narcotic: Oxycodone- start after surgery
- Anti-inflammatory: Celebrex- start after surgery
- Nausea prevention: Zofran- start after surgery
- Topical Antibiotic: Mupirocin- all patients start FIVE days before surgery, apply to both nostrils twice a day (use one Q-tip per nostril) **Nose patients- use five days before surgery and five days after surgery
- Oral Antibiotic: only for implant cases, start post-op day 1 and take entire prescribed amount
- Anti-Coagulant: Lovenox or Eliquis- only for abdominal cases, start post-op day 1

The following over the counter medications will be useful to have on hand:

- Tylenol/Acetaminophen: start after surgery, alternate with narcotic for optimal pain control
- Stool softener: Colace and/or Milk of Magnesia- if prone to constipation with narcotics start using a few days before surgery and continue while on narcotics
- Nose patients only: Saline nose spray (use as directed by nurse), cool mist humidifier, Claritin (or similar)

STOP taking the following at least TWO WEEKS before your surgery and DO NOT restart until cleared by Dr. Wigod. Taking any of the following can increase your risk of bleeding and other complications and may result in a cancellation:

- Aspirin and medications containing aspirin
- Ibuprofen and anti-inflammatory agents (Aleve, Motrin, Advil, Naproxen)
- Vitamin E, fish oil, herbals and nutritional supplements
- Any other non-prescription medicine such as cold remedies which may contain these substances
- Weight loss/management medications until cleared by Dr. Wigod

Nutrition to Optimize Healing for Surgery: Eat a healthy, balanced diet with increased protein in the weeks prior to surgery and for at least six weeks post-surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and recovery.

To optimize post-surgery healing ALL PATIENTS for two weeks before and two weeks after surgery should:

- Start JUVEN nutrition powder twice a day. Juven contains Arginine which promotes wound healing and opens blood vessels and Glutamine that supports our immune system and makes proteins for muscle tissue. Purchase at St. Luke's Out Patient Pharmacy
- Drink Protein shakes daily- ask staff for recommendations if needed.
- Stay hydrated prior to surgery. Keep electrolyte drinks for post-surgery hydration. Limit caffeine and alcohol.
- DO NOT SMOKE/VAPE/USE NICOTINE PRODUCTS or spend time around smokers. You should be free of ALL nicotine products for at least FOUR weeks before and after surgery. Nicotine WILL impair your ability to heal.

Hygiene for Infection Prevention:

- Avoid crowds and people who are ill. Practice good hand hygiene. Report any illness immediately to office.
- Shower with Hibiclens soap (for breast and body surgeries only) the night before and the morning of surgery. Use a wash cloth and focus on the area(s) of your operation. Leave the soap on your skin for a full minute before rinsing. Do not apply ANY body products or deodorant to that area after using the Hibiclens.
- Do not sleep with ANY animals until cleared by Dr. Wigod. If you currently sleep with a pet, stop now to allow them to adjust.
- Change bed linens, towels and recovery clothes regularly and keep them free of pet hair/dander.

- Apply the prescribed antibiotic ointment to nose for FIVE days before surgery. Nose patients will continue to use for five days after surgery.

Activity: These guidelines apply to ALL PATIENTS and ALL SURGERIES for SIX WEEKS post-surgery. DO NOT return to your current exercise and activity until cleared by Dr. Wigod. **Patients who rush back to normal activities set back their recovery.**

- After surgery you may WALK. This should be gentle, slow and not raise your heart rate or blood pressure. DO NOT BREAK A SWEAT with walking while your incisions are still healing.
- No running, yoga, pilates, cycling (indoor or road), swimming or weight lifting.
- No travel (car, plane, bus etc) for at least 3-6 weeks depending on surgery and recovery.
- No housework (especially vacuuming!), gardening, laundry, or lift/carry small children.
- Minimize stress by planning meals and household chores ahead of time.
- Plan your recovery space: you may need to sleep in a semi-reclined or "beach chair" position for a few weeks.

BEFORE SURGERY

- **Stay hydrated** in the days prior to your surgery, including evening before your surgery. Hydrated patients have less nausea and IV starts are easier.
- **Expect a pre-anesthesia call** to review your health and anesthesia plan for surgery the day before surgery.
- **Pack your bag for the day of surgery.** This should include: your identification, prescription medicines, glasses if needed, crackers and sports drink for the ride home in case of nausea. Leave all valuables at home as we cannot accept responsibility for their safety.
- **Confirm your route to and from surgery, with the responsible adult who will drive you.** Also confirm plans with your 24-hour support person and make certain he or she has all of your post-operative instructions.
- **Hibiclens shower as directed.** Use the supplied surgical soap to wash your operative site (body surgeries only) as directed. Shampoo your hair. Do not use any body products, deodorant, hair spray, perfume or cosmetics.
- **No food, gum, candy or mints after midnight the night before your surgery. You may continue to drink CLEAR liquids.**

THE DAY OF SURGERY

- **NO FOOD, GUM, CANDY or MINTS.** You may drink CLEAR liquids (water/black coffee/tea NO CREAMER)
- **Last drink (6oz WATER ONLY unless CRNA gave other instruction) is 2 hours before your surgery arrival time.** (ex: By 6 am if coming in at 8 am). **Any amount of food, cream in coffee or more than 6oz of liquid may result in surgery cancellation (unless CRNA gave other instructions).**
- **Hibiclens shower as directed.** Use the supplied surgical soap to wash your operative site (body surgeries only) as directed. Shampoo your hair. Do not use any body products, deodorant, hair spray, perfume or cosmetics anywhere on body.
- **Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing.** Remove all piercings. If there is something you cannot remove, let the admitting nurse know on arrival.
- **Wear comfortable, clean, loose-fitting clothing.** Wear only a top that zips or buttons up the front. Do not wear pullovers, turtlenecks, or any tight-fitting top or bottom. You may wear a robe. Wear slip on shoes. Wear clean cotton socks, as the operating room can feel cool.
- **Pregnancy Test:** All women under 50 or who have not had a hysterectomy will need to take a urine pregnancy test upon arrival to the surgery center. We cannot proceed to surgery without a negative test.
- **Visitors:** Please limit the number of visitors you bring with you or have wait during surgery at Meadow Lake Surgery Center as the waiting room is small. While they are welcome to stay, your visitors do not need to remain in the waiting room during your surgery and may return to pick you up when they are called by the nurse.

As confirmed by my attesting signature on the EMR (electronic chart), I have read and understand all of the above general instructions as well as any procedure specific instructions detailed below. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask my doctor and his or her staff any questions I have related to these instructions or about my procedure, health and healing.