

## OFFICE PREOPERATIVE INSTRUCTIONS WITH ANESTHESIA

- **Bathe the morning of surgery with plain Dial soap. Do not put on lotion, creams or oils after your shower.**
  - Arrive for your procedure approximately **45 minutes** early in order to begin preparations for your surgery in a timely manner.
  - Take your prescribed medicine – Ativan and Sinecch™ at bedtime the night prior to your procedure. The morning of your surgery, bring the Ativan and Zantac with you to the office. We will have you take them here.
  - Wear comfortable clothing, preferably nothing white or light colored, to avoid staining. A sweatshirt or button up shirt is ideal. Bring socks and slip-on shoes.
  - Do NOT eat or drink anything after midnight the night before the surgery.
  - You will need to have a responsible adult drive you home and stay with you the first 24 hours following surgery.
  - Please do not bring any unnecessary valuables with you.
  - Stop taking all aspirin products two weeks prior to the day of surgery.
  - Buy two sports bras that hook or snap in front or back. Do not purchase a name brand bra.
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PATIENT NAME: \_\_\_\_\_

PREOP DATE: \_\_\_\_\_

DATE OF PROCEDURE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ TIME OF SURGERY: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_

PATIENT SIGNATURE: \_\_\_\_\_