



Preoperative Instructions

By: Alan M. Reznik, M.D., MBA

Preoperative Instructions

Schedule your pre-op clearance exam with your primary care physician if required. (If this is a Workman's compensation case, please wait for our office to obtain authorization.)

Call Dr. Reznik's secretary with the date of your pre-op appointment so she may fax all appropriate paperwork. She will schedule your pre-op appointment with Dr. Reznik one week prior to surgery and your post-op exam 7-10 after surgery.

Please let Dr. Reznik's nurse know if you are taking one of the following: Accutane, Coumadin, Plavix or other blood thinners, Insulin, hypertensive medications and/or seizure medications. Accutane patients will need blood tests preoperatively to check liver functions. Patients taking blood thinners will need to adjust or stop them to decrease intra operative bleeding. Heart valve replacement patients on Coumadin must switch to Lovenox 5 to 7 days preop. Hypertensive and seizure meds should be taken as directed.

Stop taking Herbal supplements, Aspirin, Advil, Motrin, Aleve, Daypro, Naprosyn and aspirin-like drugs 7-10 days prior to surgery. Please refer to list of "Medications not to take" prior to surgery.

Pre-Op Planning Tips

Inform your family and friends about your surgery, should you need help during your recovery.

Plan and freeze meals in advance for your recovery time.

Have ice bags available. A large bag of frozen peas or corn wrapped in a towel works well. Have pillows available to positioning and elevating the limb.

Get your post - op prescriptions filled before your surgery day.

DO NOT START TAKING YOUR POST - OPERATIVE MEDICATIONS UNTIL AFTER THE SURGERY

Schedule your physical therapy appointments. Dr. Reznik will inform you when physical therapy should begin, usually the third day after surgery.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY!!

The Morning of the Day of Surgery



You may brush your teeth, provided you do not swallow ANY water.

Remove all jewelry. Remove nail polish.

Wear loose fitting, comfortable clothes to the hospital. If you wear contact lenses, remove them and wear glasses to the surgery center.

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