



## ***Pre-Surgery Checklist***

### **PREPARING FOR SURGERY**

- Get all prescriptions filled and lab work done **before** the day of surgery.
- Dr. Iyengar highly recommends a **cold-therapy unit** to help with post-operative pain and swelling. If you would like to purchase a unit, please let us know and we will arrange for this to be available to you at the surgery center/hospital on the day of surgery.
- If you choose not to use a cold-therapy unit, please have plenty of **ice packs** ready and available for use at home following surgery.
- Discontinue all blood thinners (including Aspirin, Plavix, Xarelto and NSAIDs) at least **7 days** prior to surgery unless otherwise directed
- Consider sleeping in a recliner or at an inclined (semi-upright) position for at least **1 week** following surgery. This is sometimes the most comfortable sleeping position even up to 2 to 3 weeks following surgery.
- Do not shave or remove hair from the surgical site within **a week** prior to surgery.
- Consider using an **over-the-counter laxative** (such as Senokot/Dulcolax) in addition to the prescription stool softener if you have issues with constipation after surgery.
- If you need to have paperwork filled out for disability/work absence, please bring this to the office to have this completed **before** the surgery.
- If you would like a temporary disability parking permit, complete all the necessary paperwork included in your packet and submit to the DMV **prior** to surgery.

### **THE DAY OF YOUR SURGERY**

- ✓ Do not consume any food or non-clear liquids (such as milk) by mouth **after midnight** the night before your surgery. However, you are allowed to drink **clear liquids only** (such as water, clear fruit juice, Gatorade, black coffee/tea) **up to 2 hours** prior to your surgery. Any essential medications may also be taken with a small sip of water.
- ✓ Wear **comfortable, loose-fitting** button down clothing and comfortable slip-on shoes **without laces**.
- ✓ You may brush your teeth the **morning of surgery** as per usual.
- ✓ Leave all valuables and jewelry, including piercings and wedding rings, **at home**.